

THE SCIENCE OF BOXING



BY
PROF. MIKE DONOVAN

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EXPERT OPINIONS.

ADVANCE sheets of this book were submitted to several pugilists of world-wide reputation, and to some eminent judges of scientific boxing. The following are a few of the letters received by the author:

From BOB FITZSIMMONS,
Middleweight Champion of the World.

I have read carefully the advance sheets of your book, "The Science of Boxing," and have much pleasure in stating that it surpasses all others that I have read, in the thorough manner in which you have covered the whole ground. In your description of positions, blows, guards and the movements of the hands and feet, there is evidence of a master hand. Every one who aims to become a teacher of boxing should make yours his text-book, and the novice in the art will find that its instructions will make his path to proficiency smooth and easy.

From PETER JACKSON.

PROF. M. DONOVAN,

Dear Sir: I have read the advance sheets of your book on boxing. Kindly permit me to compliment you on your work, and to say that I endorse your views on scientific boxing, and the art of teaching the same. Wishing you every success, I am, etc.

From JOS. B. CHOYNSKI.

I have perused the advance sheets of your book on the art of self-defence, and find it the most finished work on scientific boxing that I have ever read. I would recommend it to all those desirous of obtaining such knowledge. Wishing you success, I am, etc.

From CHAS. E. (Parson) DAVIS.

I have read the advance sheets of your forthcoming volume with much benefit and pleasure. I congratulate you upon the meritorious character of your work, and can cheerfully commend the same to all those interested in the manly and health-supplying exercise of scientific boxing.

From BILLY MADDEN.

I have just finished reading the advance sheets of your book, "The Science of Boxing." It has pleased me very much; your rules are so simple that they can be remembered easily. The man who wants to learn to box should study your book.

I am sure it will soon become the standard for teaching the art.

Every man who is preparing for a fight, should follow your rules on training.

While reading your article upon that subject, I was reminded of the old days in 1880, when I trained you at Far Rockaway to fight George Rourke, and you used a rubber football to punch for exercise. Your invention has been improved upon, but very few boxers know that they are indebted to Mike Donovan for that splendid aid to boxing.

I wish your book the complete success which it deserves.

From PAT. KENRICK,
Professor of Boxing, New Orleans.

MY DEAR MIKE:

I have examined carefully the advance sheets of your book, and I tell you frankly it is the best and greatest book on boxing that ever left a publisher's hands, in so far as information and accuracy is concerned. The various descriptions of the blows, guards and feints read very familiar to an old veteran like myself; but the descriptions are written so distinctly and plainly that the student will have

no difficulty in getting right at the bottom of each in a very short time.

It is not only a silent instructor for the ambitious pupil, but an absolute necessity for the majority of our boxing instructors, who do not know half the things taught in this book.

I am satisfied that it will immediately become the standard authority upon the science of boxing.

From GEORGE SILER,
Sporting editor *Chicago Globe*.

The advance sheets of your book, "The Science of Boxing," have come to hand.

I say, without any reserve, it is the best book ever published on the science of the manly art.

The descriptions of blows, guards, feints, ducks, are complete, accurate, and yet so brief as to be easily remembered.

You have not omitted a single detail in regard to positions and movements of the hands, feet and head, in boxing, and yet the description of each can be readily grasped by a novice in the art.

I am sure it will be welcomed by those who are just beginning the study of the art, and appreciated by all who have practiced boxing for years, whether in the professional or amateur ranks.



PROF. MICHAEL J. DONOVAN.

THE SCIENCE OF BOXING

ALSO

RULES AND ARTICLES ON TRAINING
GENERALSHIP IN THE RING
AND KINDRED SUBJECTS

BY

PROF. MIKE DONOVAN

Ex-Middle-Weight Champion of America, and Instructor of
Boxing, N. Y. Athletic Club

NEW YORK
DICK & FITZGERALD
18 ANN STREET

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EDITOR'S PREFACE.

MANY books have been published on boxing, but the majority show signs of hasty preparation and a lack of definiteness in detail. The author of the present work has given much time and close study to its preparation. The rules laid down for each blow, guard and parry have been thoroughly practiced to secure, as far as possible, the closest accuracy in the description of each movement.

Of the author's ability as a teacher of boxing, his successful work as instructor of the New York Athletic Club for eight years, added to his brilliant career in the ring, has made him the foremost authority upon, and the best exponent of, the art in America.

When the men who are now fighting for fifty-thousand-dollar purses were hanging around their mothers' apron strings, Mike Don-

ovan was fighting hard battles with bare fists and gloves, and a match for \$500 was considered "big money."

Twenty-five years ago prize-fighting was a tabooed sport. Except the sporting papers, the press never referred to the prize-ring but to condemn it.

Mike Donovan's weight was from 145 to 150, and in the majority of his fights he gave weight to his opponents, varying from ten to fifty pounds. He has boxed with the majority of the good men of the past quarter of a century, more than holding his own with the best of them, and is still a well-preserved, active man.

In 1878, when in California, he issued a standing challenge to any middle-weight man in America or the world. The challenge was not accepted, but his many friends on the Pacific Coast presented him with a handsome and appropriate belt, as a recognition of his holding the undisputed middle-weight championship of America.

J. SANDERSON, Editor.

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THE AUTHOR'S RECORD.

MIKE DONOVAN began his career in the prize-ring when he was eighteen years old. His first sight of a prize-ring was at St. Louis in July, 1866, when he stepped into one to fight Billy Crowley with bare knuckles. They fought ninety-two rounds in 3 hours 15 minutes. Donovan lost on a foul. This can be readily explained by the fact that he knew very little about prize-ring rules, and less about scientific boxing.

Soon after his first fight he was taken in hand by Pat Kenrick, an accomplished boxer, who now resides in New Orleans, who taught him the elements of boxing.

In July of the same year he beat Mike Conroy at St. Louis in sixty-two rounds, 2 hours 9 minutes, prize-ring rules.

The same year at Canterbury Hall, St. Louis, with gloves, beat Patsy Curtin in five rounds.

At Memphis, Tenn., in the same year, beat Jim Conroy, 175 pounds, with bare knuckles.

In a room at Chicago, in 1867, beat Pat McDermott, 185 pounds, 5 feet 11½ inches, in four rounds with gloves.

The same year and place in a room, with bare knuckles, beat Dan Carr, 160 pounds, in one round.

In 1868 at Grand Haven, Mich., with bare knuckles, beat Pat Kelly, 175 pounds, 5 feet 10½ inches, in seven rounds, 14 minutes.

In January, 1869, near Indianapolis, Ind., with bare knuckles, beat John Boyne, in twenty-three rounds, 33 minutes.

At this time a purse of \$500 was considered "enough" for the best men of the day to fight for, and Mike Donovan grew weary of the small profits made in winning ring contests, and from 1869 until 1872 worked at his trade of ship-caulker. But in 1872 he left his native city, Chicago, for New York, when the old fever broke out on him again.

He began his Eastern career at Harry Hill's

on Houston Street, where he beat Jack Curtin, with gloves, in two rounds, and very shortly afterward a man named Jordan in three rounds, also with gloves.

At the same place he beat Teddy Neary in three rounds.

In a room he beat Jack Lawrence (not Lawrence of Morrissey fame) in two rounds.

Beat Byron McNeill in a room in New York in three rounds.

In 1873 at Philadelphia, with bare knuckles, fought Jim Murray a draw in forty-four rounds, 1 hour 5 minutes, when the fight was stopped by the police, both men being badly punished.

In 1874 at Philadelphia fought Charley Burke, with gloves, four rounds, but was decided against him by two unfair judges, the referee being in his favor.

From 1874 to 1877 he worked at his trade, and gave lessons in boxing.

At Troy, N. Y., in 1877 beat Dick Liston, rules of the ring, with gloves, in five rounds.

In April, 1878, lost on a foul to W. C. McClellan, fourteen rounds, 55 minutes, for the middle-weight championship of America.

In May of the same year beat W. C. McClellan, special rules, in seven rounds, 17 minutes.

In August, 1878, went to the Pacific Coast, and at Virginia City, Nev., stopped Billy Costello in two rounds.

At San Francisco beat George Crockett, 195 pounds, in two rounds, 5 minutes 30 seconds.

At the same place fought W. C. McClellan a draw, ninety-six rounds, 3 hours 48 minutes, rules of the ring.

He went to California as an "unknown" to fight Harry Maynard for \$5,000 a side, but when John J. Staples, Maynard's backer, found that the "unknown" was Mike Donovan he refused to make the match. Being disappointed in his expected match with Maynard, Donovan issued a challenge to fight any man on the Pacific Coast regardless of weight, or any middle-weight man in the world, but neither challenge found a taker.

At Sacramento, Cal., he stopped George Smith, 190 pounds, 5 feet 10 inches, three rounds. Smith had just before challenged John J. Dwyer, the champion heavy-weight of America, to fight for championship. His bout

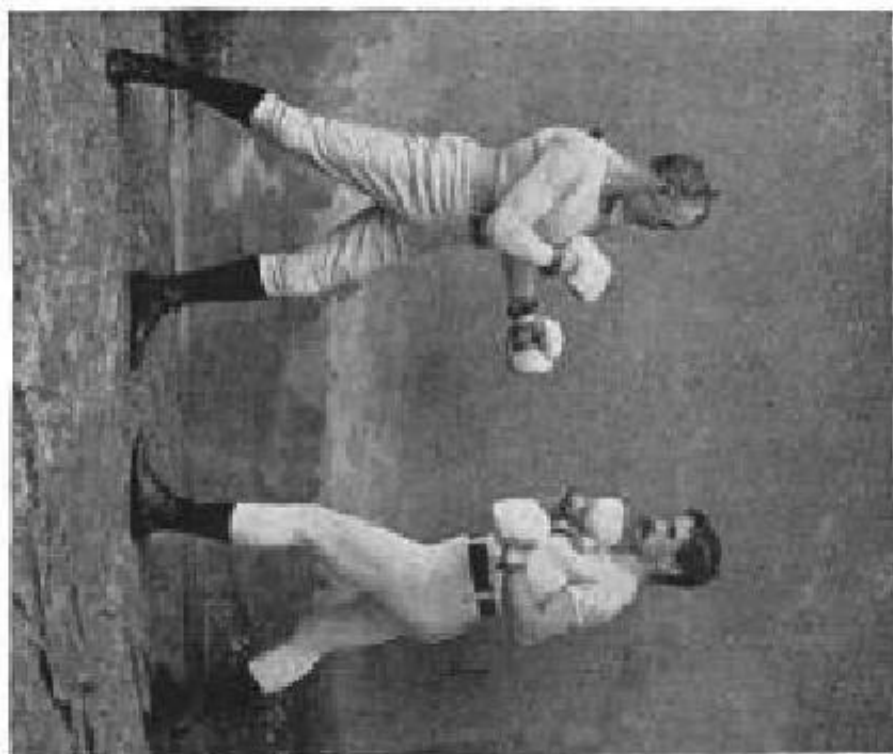


FIG. 1.

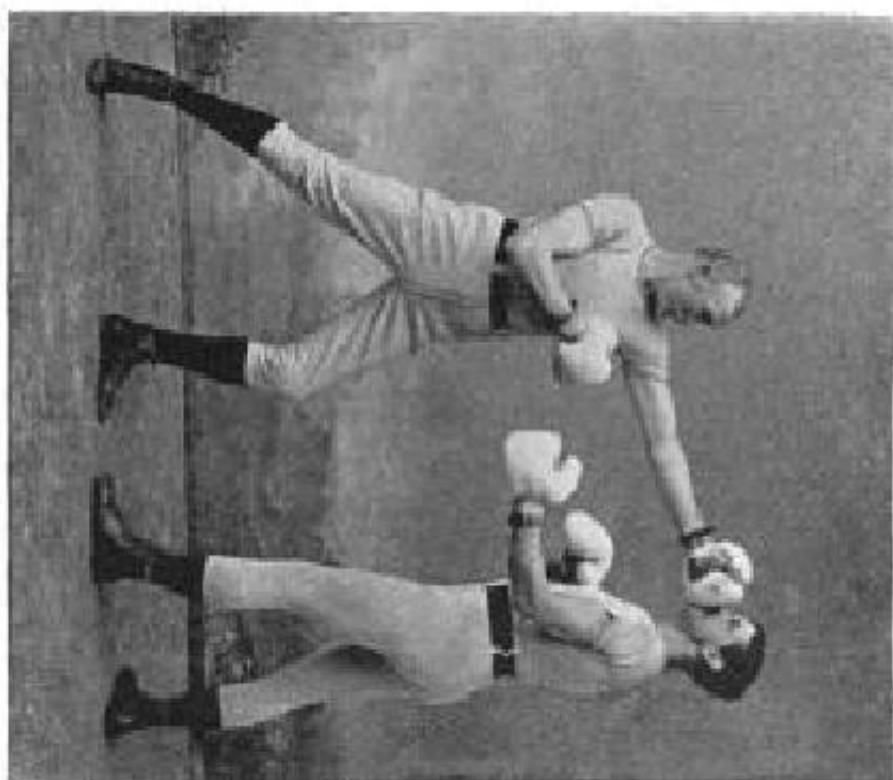


FIG. 2.

with Donovan effectually squelched his championship aspirations, as his backer withdrew his challenge immediately after.

Upon his return from the Pacific Coast to the East, the first man with whom he put up his hands was John L. Sullivan, at Boston, in February, 1880. They fought four hard rounds, honors being even at the end. In this set-to Donovan injured his right hand so badly that he was unable to enter the ring until the following October.

In the month above named he fought Ed. McGlenchy a draw in five rounds. They met for the second time the following month, when Donovan beat him in three rounds. Their third trial of skill took place a month later at Madison Square Garden, when Donovan again beat him in three rounds.

Mike Donovan met John L. Sullivan for the second time at Music Hall, Boston. Of this contest the *Boston Globe* of March 22, 1881, gives the following account :

"Mike Donovan of Chicago and John L. Sullivan of the Highlands fought in Music Hall last night, the latter no doubt being the strongest man in the pro-

fession. A well-directed blow from him has seemingly force enough to lay low a full-grown Texan steer, and when he gets upon the stage he considers that it is the proper caper for him to immediately throw all the brutal force in him into his arm and launch it forth at his opponent.

"In this manner he opened the bout with the Chicagoan; the latter, who is really a scientific man, coolly dodged out of his way, and all through three intense and exciting rounds the great burly Highlander was unable to plant one well-directed blow on the face of his opponent.

"The latter, however, was more successful, getting in some telling face blows.

"The affair was not at all satisfactory, the conduct of Sullivan being of such a brutal description as to invoke the hearty disapproval of the spectators, who gave vent to their displeasure by prolonged hissing."

In the same month at Terrace Garden, New York, he met George Rourke. At the end of the third round the police stopped the bout. The public verdict was that Rourke was worsted.

In the fall of the same year met Rourke, for the second time, at Madison Square Garden. The bout was arranged to be four rounds, Queensberry rules, but Rourke and the master of ceremonies switched off to rules of the ring. After three rounds of hard fighting, Rourke

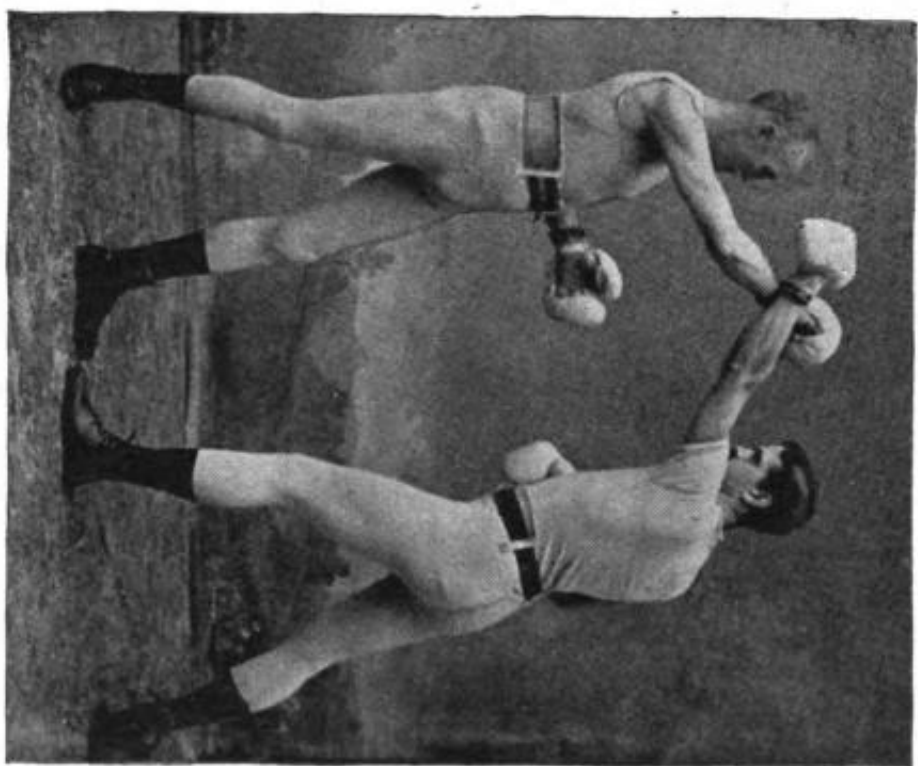


FIG. 3

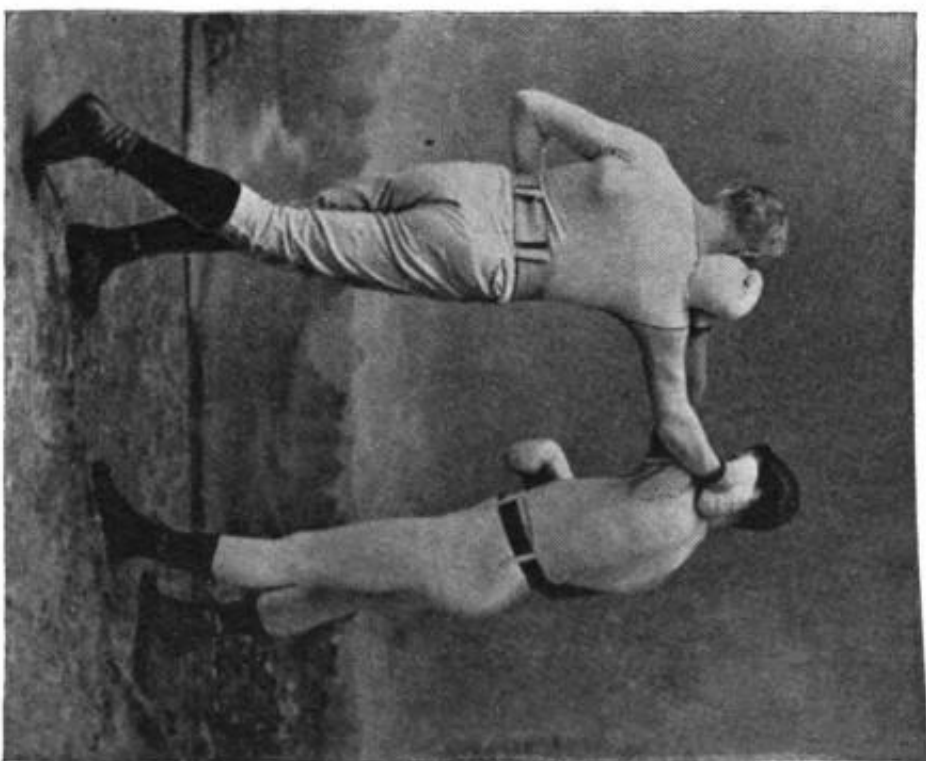


FIG. 4

walked off the stage, the public verdict again being in Donovan's favor.

The year prior to this Donovan and Rourke were matched to fight to a finish, with bare knuckles. The match was to have come off at Long Point, Canada, but the Canadian authorities would not allow the ring to be pitched.

In August, 1882, at the American Institute, New York, met Jack Davis of England, 196 pounds, with gloves; at the end of three rounds it was declared a draw, the police taking a hand in securing that decision.

From the latter date until October, 1884, Donovan did not enter the ring, but taught boxing at his academies—first on University Place, and then at Haymarket Hall, on Thirtieth street and Sixth avenue. At his next appearance he beat Jack Welsh, 185 pounds, 5 feet 11 inches, at Philadelphia, in four rounds.

In the same month beat Walter Watson, 180 pounds, in Turn Verein Hall, New York, in seven rounds.

After his fight with Watson he accepted the position, which he still fills, of Boxing Instructor of the New York Athletic Club, and retired

permanently from the ring. But twice since his present engagement has he stepped into the ring as a competitor.

In November, 1888, at Williamsburgh, he fought a draw with Jack Dempsey; the friends of the Nonpareil during the six rounds were kept on edge every moment, fearing that the veteran would put out the man who was then in the heyday of his fighting career.

On May 4th, 1891, Donovan met his old foe-man, and now friend, W. C. McClellan, for the fourth and last time, at the Eighth Street Theatre, New York, and beat him in 48 seconds—one of the shortest fights on record.

J. SANDERSON, Editor.

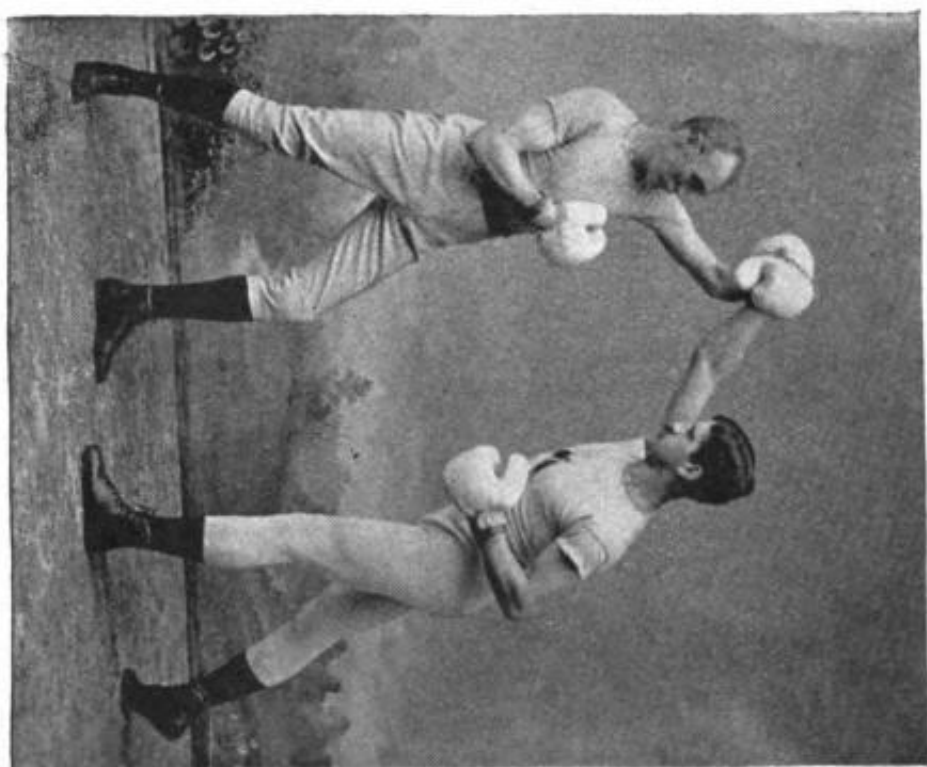


FIG. 5.

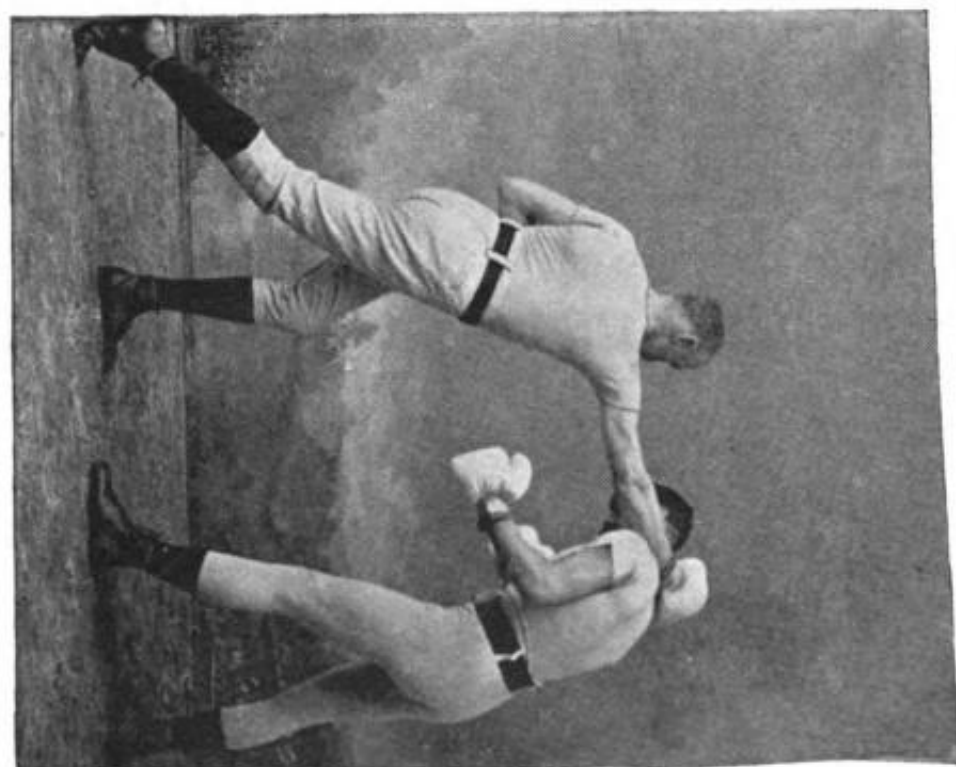


FIG. 6.

THE SCIENCE OF BOXING.

NOTE.

THROUGHOUT these pages the palm of the hand is frequently referred to. These references do not always imply that the hand is open. The word is used because it indicates better than any other the position of the arm when hitting, guarding or parrying a blow.

The irregularity in the numbering of the figures in this book is due to the fact that the text was printed before the illustrations were completed. It was found that some of the illustrations referred to in the text were unnecessary and confusing. They were therefore omitted and reference to them canceled.

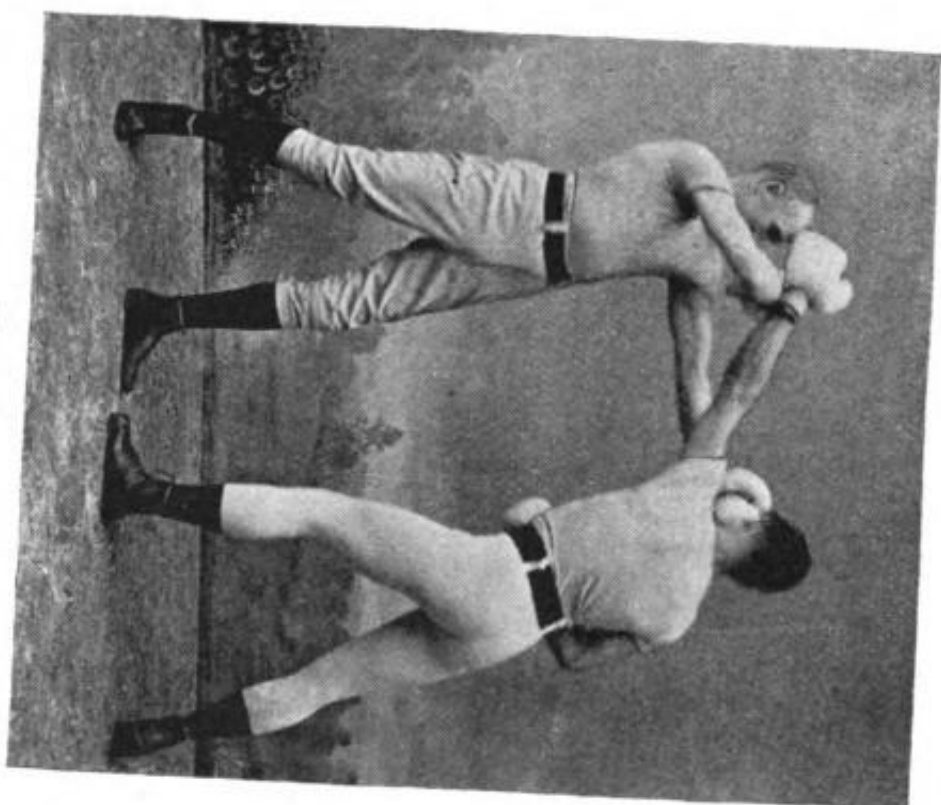


FIG. 8.

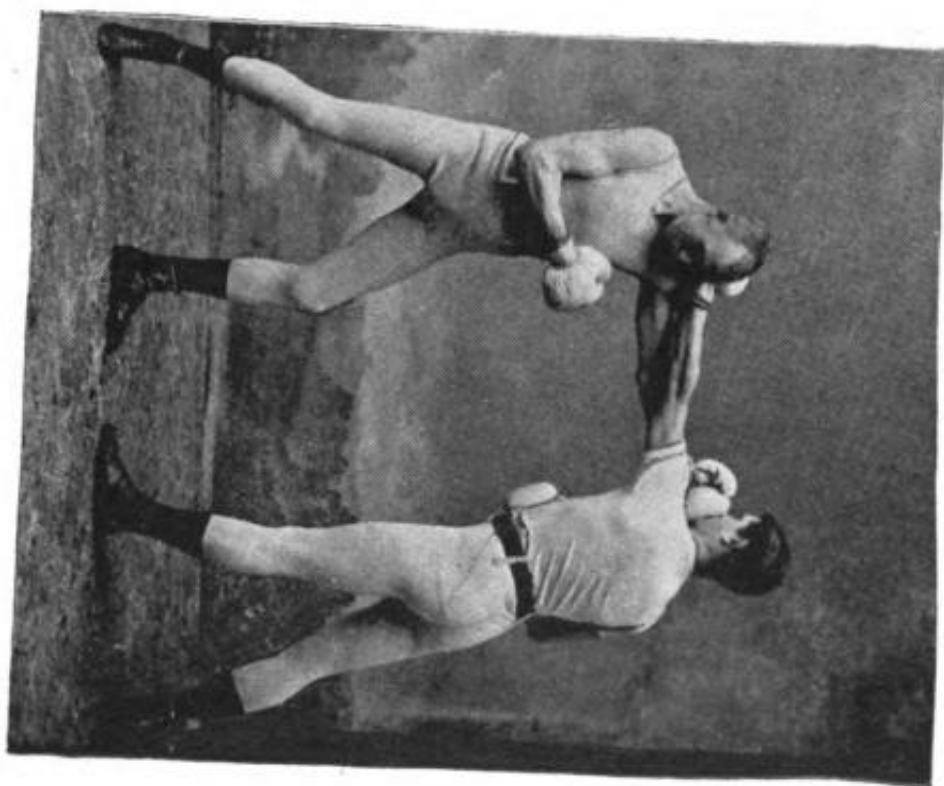


FIG. 9.

THE SCIENCE OF BOXING.

INTRODUCTION.

THE science of boxing is practiced at present by a larger number of men, and of a higher class, than ever before. That it is both an enjoyable and healthy exercise is the well-defined opinion of every one who has practiced the art. In proof of this I may state that during the past eight years as instructor of boxing in the New York Athletic Club, I have had among my pupils gentlemen eminent in science, literature, art, and others prominent in social and commercial life. The opinions of such men are well worthy of consideration, and they have uniformly pronounced boxing to be the finest and most interesting of indoor exercises.

Boxing develops the body more uniformly than any other exercise. It quickens the sight; it gives lightness to the whole person. The hands are man's natural means of attack, and

every boy and man should be taught how to use them skillfully, in order that he may be able to punish the rowdy or cowardly bully.

The knowledge of boxing gives a man such self-confidence that in the ordinary affairs of life he needs no other weapon than his hands. The practice of boxing keeps a man in such good physical condition that he can easily best a man much larger than himself, who has not been thus trained. It is a well-known fact that the small man who is conscious of his ability as a boxer, will show more courage when threatened by personal attack than the big fellow who always believes that his weight will crush the smaller man. Small and weak men can be so well trained and developed in the science of boxing that they can best antagonists much larger than themselves. Boys, sixteen years old and upward, attending schools, academies, colleges and universities, should be taught the science of boxing. The majority of our universities make appropriations for teachers of gymnastics, but do nothing for boxing, and students who wish to become proficient in the art have to

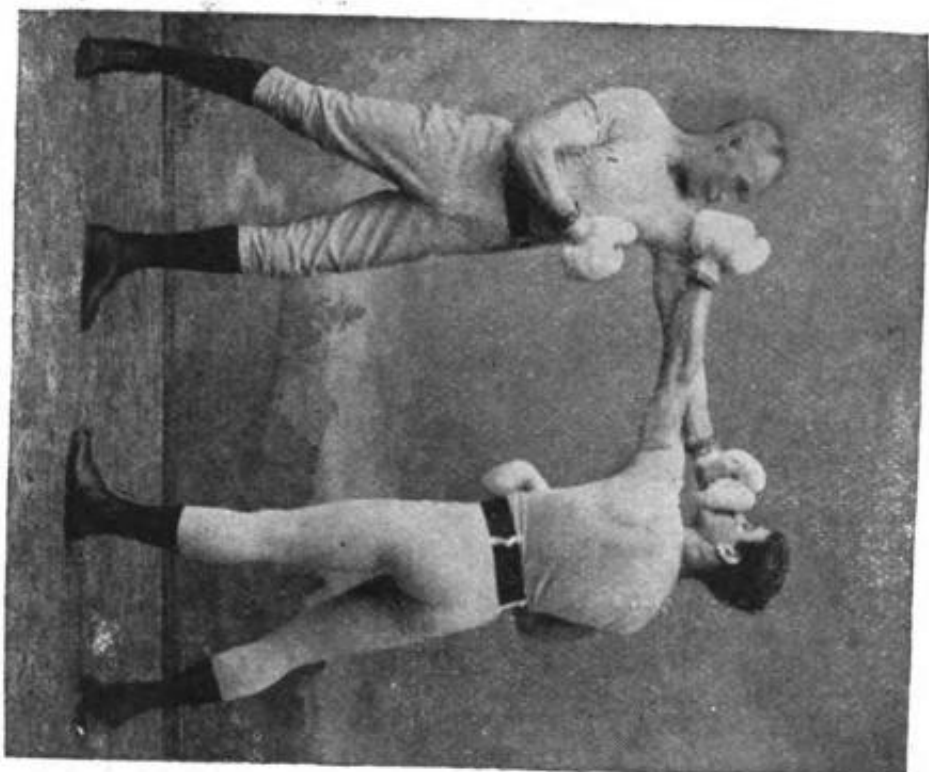


FIG. 10.

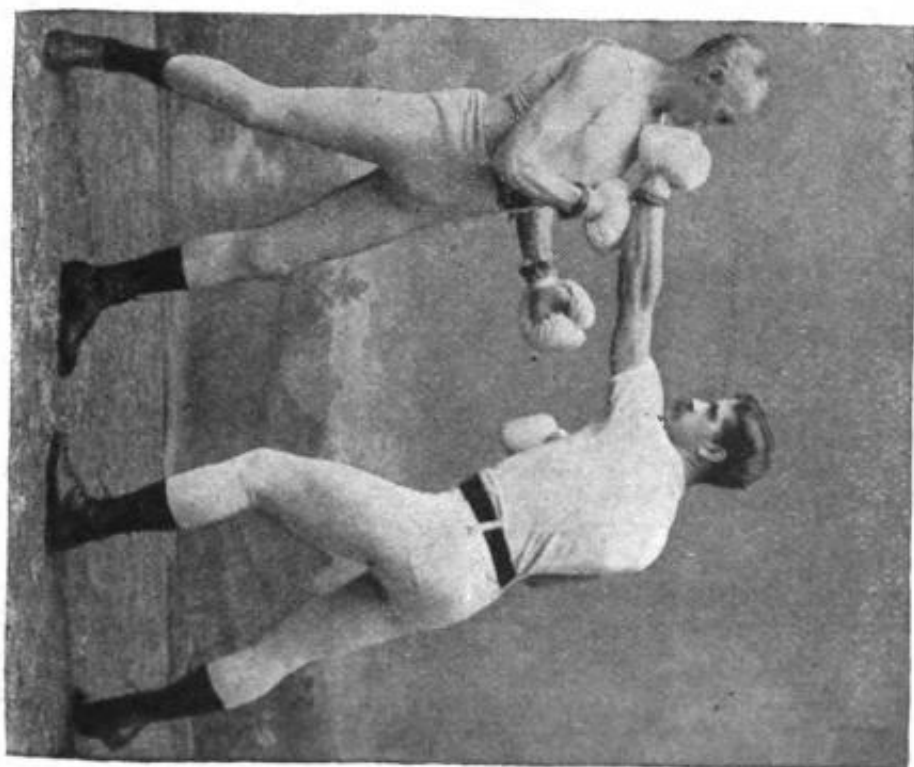


FIG. 11.

pay for any lessons they may take. This is a mistake, for boxing is as desirable a means of developing the frame as gymnastics. There are plenty of good teachers available—men who have retired from the ring, and who, while they would teach their pupils skillfully, know well how to treat them as gentlemen.

POSITION.

The first things to be considered in boxing are position and carriage. On them depends nearly everything and they should be given the most careful attention. A proper use of the feet is quite as necessary as the correct use of the hands. To hold yourself to the best advantage you should stand facing your opponent, with the left shoulder about eight inches in advance of the right; the left foot should be from fifteen to twenty inches in advance of the toe of the right, the distance being governed by the length of the leg, the object being to give the firmest possible position to the body. The weight of the body should be divided as evenly as possible on both feet, making the ball a pivot on which the body can be swayed to

the left or right, forward or backward, with equal ease, with the heel of the right foot slightly raised from the floor. The toe of the left foot should be pointed directly at your opponent, and in a parallel line with the left forearm, the heel of the right foot directly behind the heel of the left, with the toe turned outward at an angle of about 65 or 70 degrees.

The hands should be placed with the left upper arm slightly advanced, so that the elbow will come about seven inches in front of the short ribs; the forearm and hand should be slightly raised from the level of the elbow, with the small bones of the arm turned upward.

The right arm should be thrown across the breast, with the hand slightly above the left nipple and about three inches from the body, with the palm of the hand turned partly downward. The hand should be kept in this position until you are within striking distance.

In sparring for an opening the forearms should twist a little, as you will then be prepared to strike a quick and hard blow. In hitting, the hands should be firmly closed, the wrist slightly curved, so that the back knuckles will be the

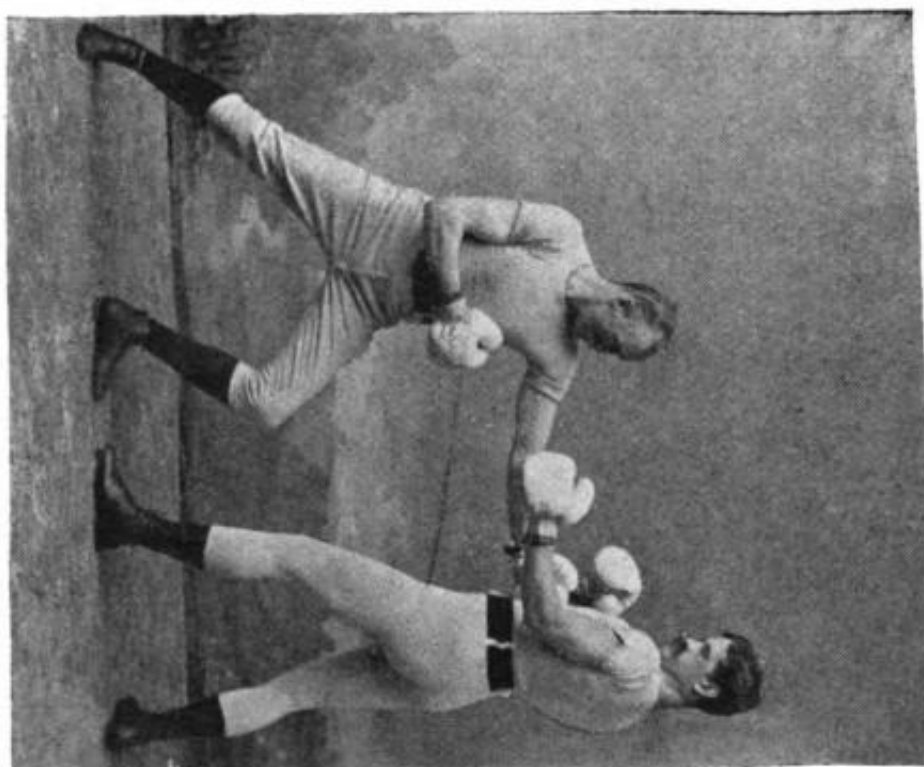


FIG. 12.

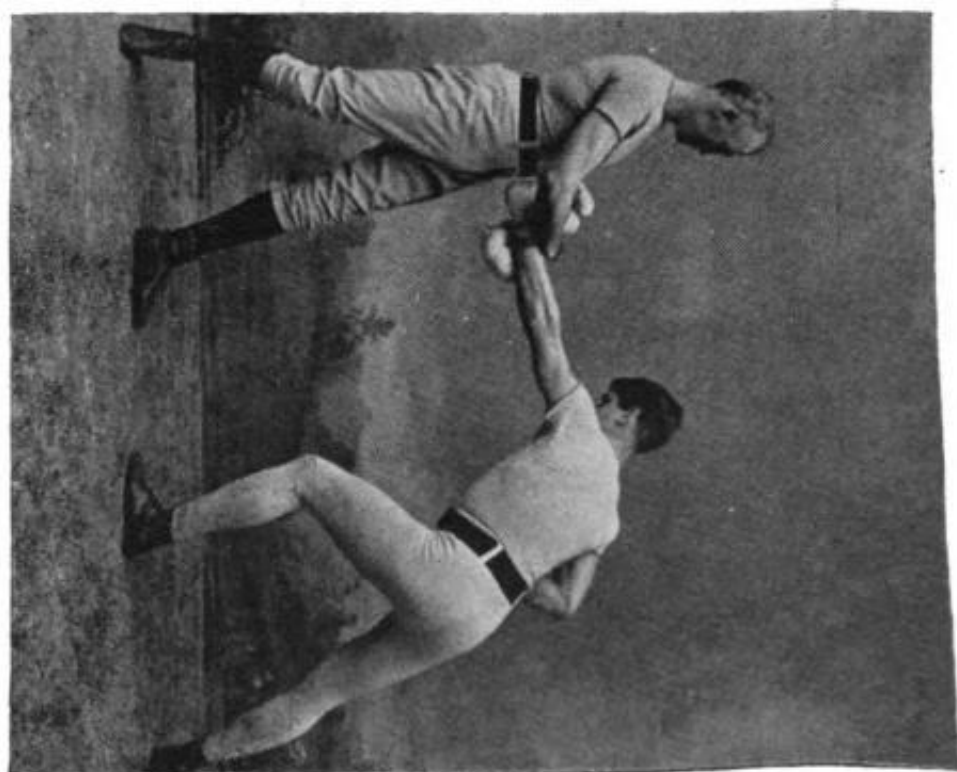


FIG. 13.

point of contact, that position giving a longer reach and a harder blow. The whole body should be held with the muscles elastic and the joints supple, as any tendency toward rigidity will not only tire, but will greatly detract from speed and force in leading or countering. The head should be held erect, with your eyes on those of your opponent.

TAKING DISTANCE.

In taking distance and sparring for an opening you should practice to move either to the right or left, forward or backward, with equal ease. In moving to the right, if the weight of the body is resting on the right foot, step first with the left by moving it slightly across the right, and then follow it with the right, maintaining, as nearly as possible, the position of the legs, feet and body (as shown in Fig. 1), except that the feet, in moving, will naturally come a little nearer together. If the weight of the body should be resting on the left foot at the time of moving, then step out with the right foot first. In moving to the left, the same rule is followed, viz.: to step first with the foot

on which the body is not resting. When you are moving around an opponent to obtain an opening, it is preferable to move to the left, as it brings you into closer range, and can be done much more quickly and with greater ease. In moving backward, step with the right foot first and follow it with the left, coming into the position shown in Fig. 1. In moving forward, step with the left foot first and then follow with the right, being careful, however, not to overstep. The head and body should be slightly backward, as it gives a better and safer position.

FEINTING.

Feinting is one of the most important elements in the science of boxing. Its object is to deceive your opponent as to your intentions, and draw him out to ascertain his mode of attack and defence. There are many ways of feinting. The best method is by the movements of the eyes, arms and body, to give the strongest possible appearance of being ready and eager to strike a blow, without doing so. Take a short step forward with the left foot,

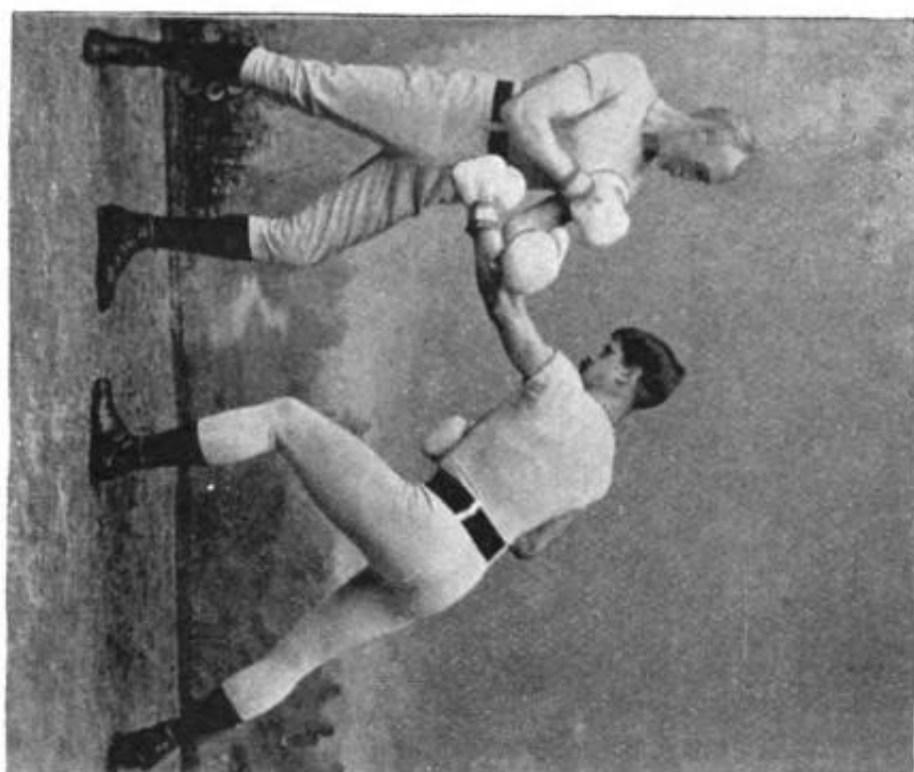


FIG. 14.

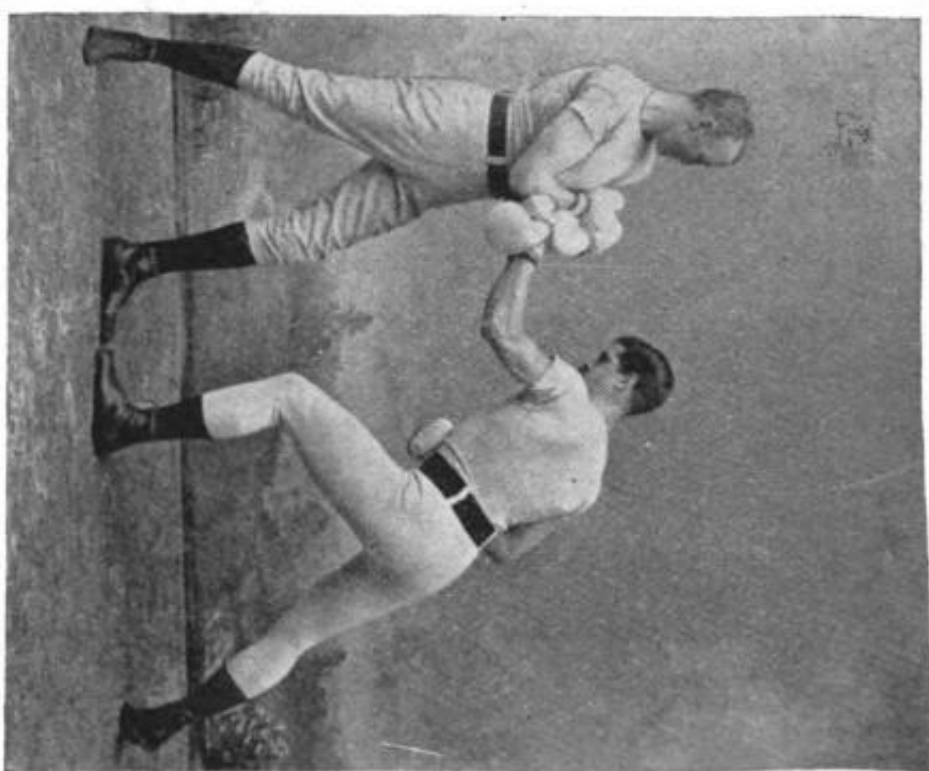


FIG. 15.

bend your knee slightly, strike out about half-way with the left hand, sway the body forward and backward with an easy swinging motion. By making these movements rapidly you can make a display of being ready to lunge out vigorously. These motions should all be made with the joints supple and the muscles elastic, being careful to preserve the balance of the body as nearly as possible on both feet. The instant you see that you have deceived your opponent, strike for his most unguarded point.

BLOWS AND GUARDS IN THE ORDER IN WHICH
THEY SHOULD BE TAKEN UP.

Straight left-hand blow for the head.

After judging the reach and quickness of your opponent, which can best be done by feinting, creep forward with both feet, and when an opening presents itself and you think you are within hitting distance, step forward with the left foot and instantly strike out straight from the shoulder with your left hand, hitting for your opponent's face, throwing the

weight of the whole body into the blow. In striking this blow turn your head slightly to the right, to avoid your opponent's left-hand counter, or right-hand cross-counter. *Avoid all chopping or striking with a downward motion*, as such motions shorten your reach and lessen the force of your blow. Be careful not to get so far forward as to overbalance if you should misjudge distance. After delivering the blow, spring quickly back into position, guarding yourself at the same instant. (See Fig. 2.)

Guard for straight left-hand lead for the head.

Throw the weight of the body slightly on the right foot, pose the head slightly backward, meet your opponent's wrist with your right wrist or strong part of the forearm, with the palm of the hand downward and slightly outward, and throw off his blow strongly to your right with an upward and outward motion. This has a tendency to throw him off his balance and give you a chance to strike back at his most unguarded point with either your left or right hand. (See Fig. 3.)

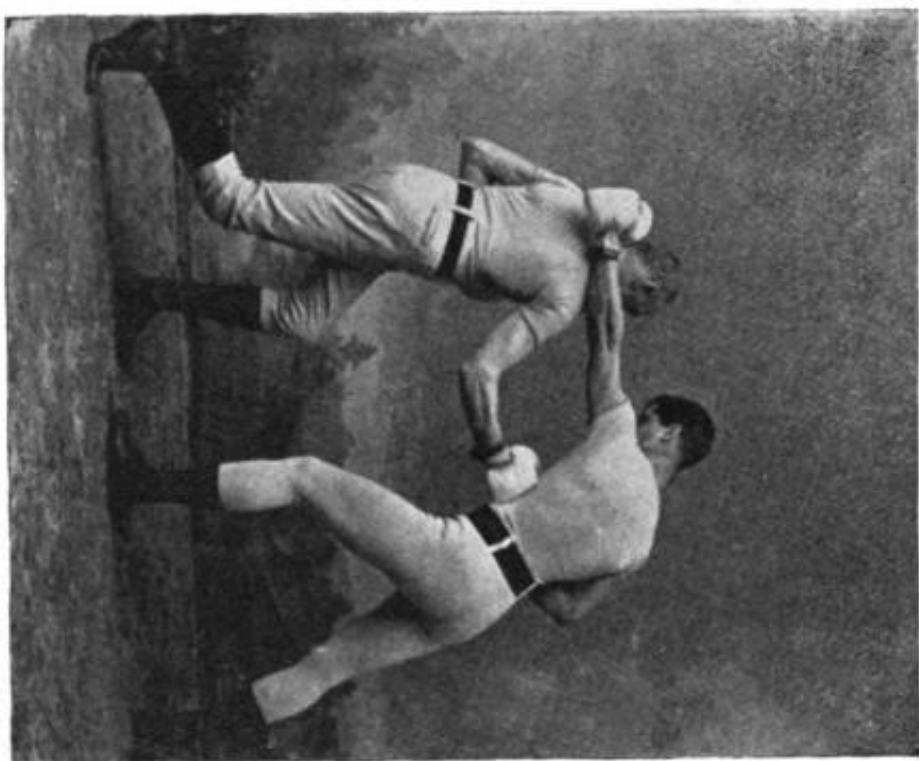


FIG. 16.

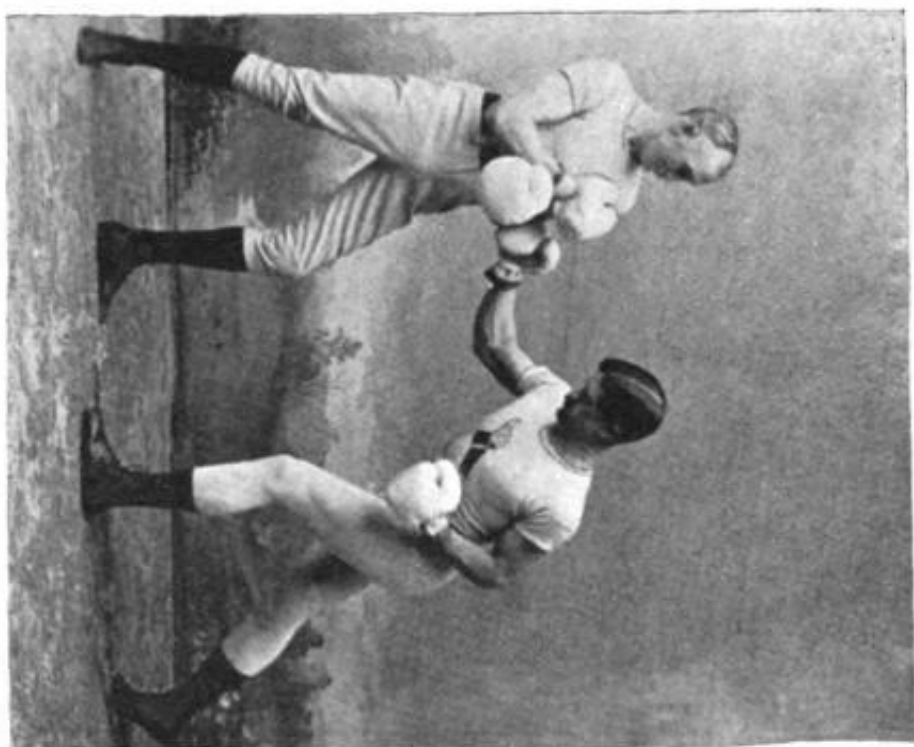


FIG. 17.

Right-hand cross-counter for the head.

This is delivered by drawing out your opponent to lead for your head with his left hand by offering him an apparent opening to land a blow. At the instant that he leads send out your right hand for his jaw or the side of his face, at a sufficient angle to pass just outside and a little above his left arm, and at the same time turn or duck your head to the left, causing his blow to pass over your right shoulder. The knuckles of the hand must be turned outward. With a skillful opponent this blow must be delivered with a slightly circular motion, as he is very likely to duck or turn his head when leading for you.

The position of the feet must be governed by your opponent's distance from you in leading. If he overreaches, so that you can hit him effectively from your original position, do so, which depends upon how well you can time his lead; if not, then step instantly forward with your left foot, and strike out, as illustrated in Fig. 4. This blow is a most punishing one, as your opponent in making

his lead is advancing toward you, and the power of your blow is nearly doubled by his weight as well as your own being thrown into it.

How to guard or evade a right-hand cross-counter for the head.

A cross-counter can be guarded or evaded in different ways—either by guarding with the left arm, or by ducking the head, or springing back out of reach. If, having led with your left at your opponent's face, you see that he is too quick and likely to cross you, stop your blow, if possible, throw the left elbow upward and meet his blow with your elbow or forearm. The knuckles of the hand must be turned upward, as it gives to the arm the strongest position and the greatest power of stopping a heavy blow. If, however, your lead has gone beyond the point where you cannot stop it and guard as described, you must then duck the head by throwing it downward and well to the right, thereby causing the blow to pass over your left shoulder, or, at the worst, hitting you

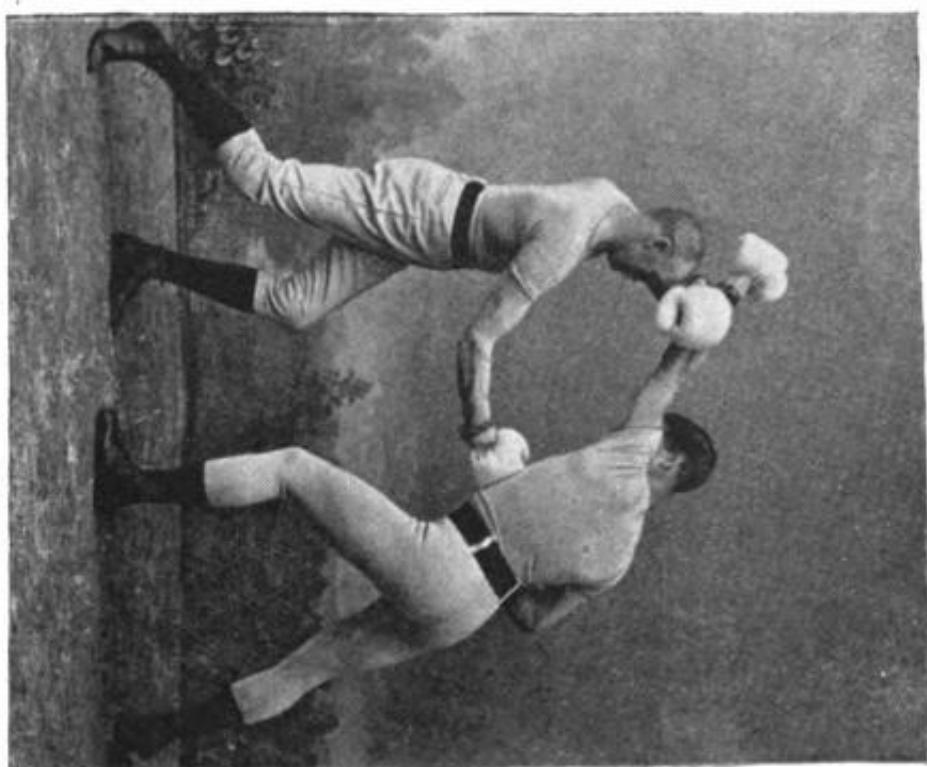


FIG. 20.

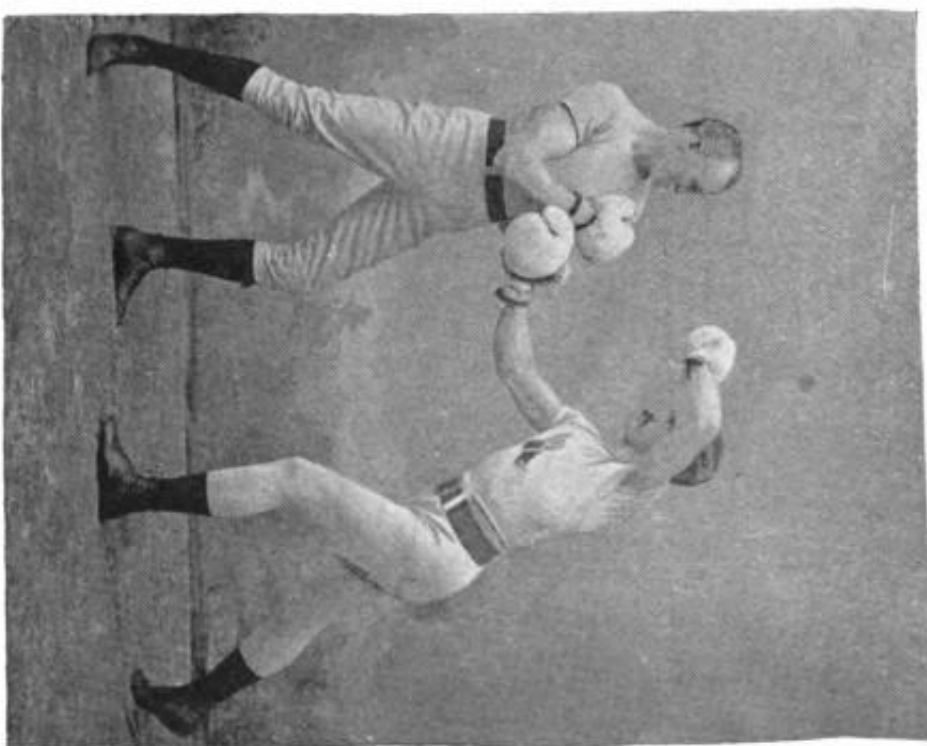


FIG. 22.

only a glancing blow on the back of the head with but slight risk of damage. The safest method is, if you can discern your opponent's intentions in time, to spring back instantly out of reach. (See Figs. 5, 6.)

Left-hand counter for the head, with guard.

This is delivered when your opponent lunges at you with his left. Hold yourself well together. The instant that he does so, strike out with your left hand straight from the shoulder for his face; drop your chin slightly, and at the same time throw your right forearm across your face, about six inches from it, and meet his blow with the strong part of your forearm or wrist, holding the knuckles upward and half inward. The upper arm and forearm should form nearly a right angle, and should be strongly braced to stop or break the force of his blow. If your blow reaches your opponent's face, striking him squarely, it is quite likely to jar him, which gives you a chance to follow with your right or left for the side of his face or jaw. The main object of the straight coun-

ter is to stop your opponent's rush. The blow in itself is effective, but is much less so than the following one with the right, if you get a chance to land it, and the opportunity to do so should be sharply watched for, and when seen the blow should be instantly made. The forward movement with the left foot, the striking out with the left hand, and the raising of the right arm to guard, should all be made at the same instant. (See Fig. 8.)

Straight left-hand counter for the head, with duck to the right.

This is delivered in the same way as a straight counter with a guard, except that, instead of guarding, you avoid the blow and allow it to pass over your left shoulder, or glance from the side of your head by ducking to the right, which is done by throwing the head downward and obliquely to the right, with the chin toward the right shoulder. This blow has the advantage of increasing your reach by the swing of the body and throwing the left shoulder further forward. (See Fig. 9.)

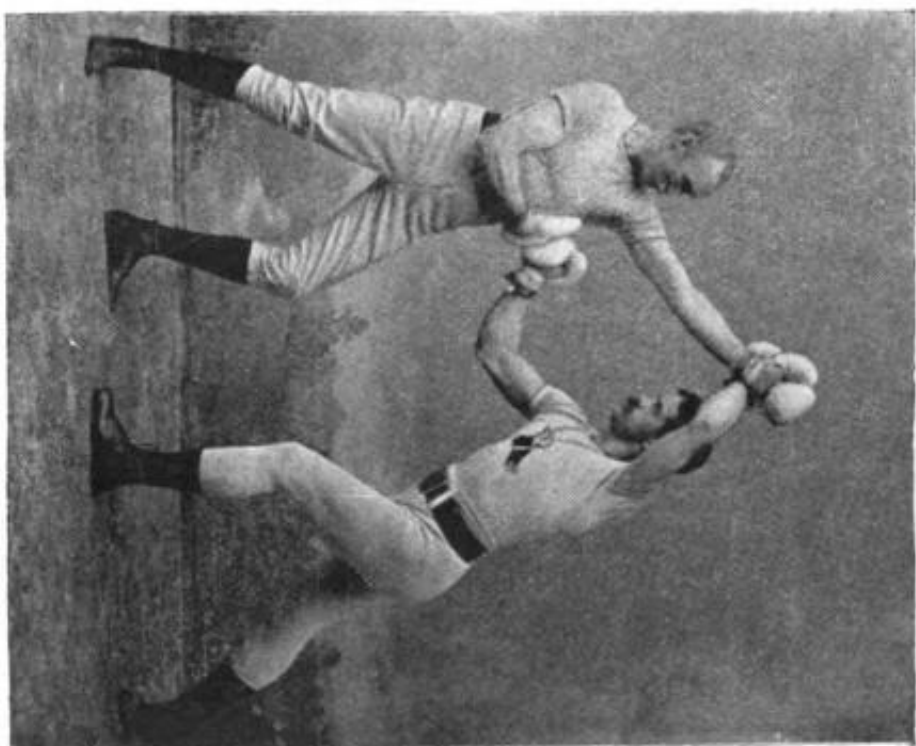


FIG. 23.

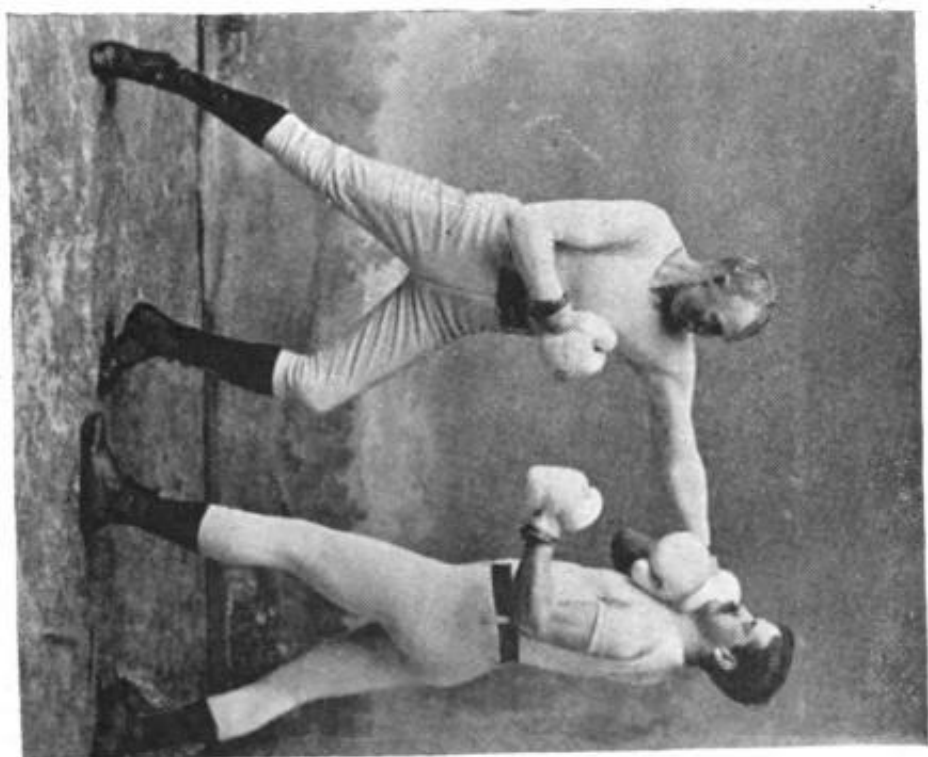


FIG. 24.

How to stop or evade a straight counter for the head.

If you have led for your opponent, and see that he is going to counter you, straighten your left arm to its fullest extent, meet him as he advances and break the force of his blow. An attempted counter can be evaded by throwing the head and body well backward, resting the weight of the body principally on the right leg, and as his blow falls short, you may have a chance to return with the left for the head or body, or you may have an opening for a good right-hand body blow. Your trained instinct will instantly tell you which of these three methods is the best. (See Figs. 10, 11.)

Left-hand lead for the body.

Feint for your opponent's head with your left hand by half extending and withdrawing it rapidly, as if you would hit him in the face (looking him keenly in the eye), to induce him to raise his guard; the instant that he does so, spring forward with your left foot, either inside or outside his left, or toe to toe, being gov-

erned by his position and distance from you, and at the same time strike out your left for the pit of the stomach or short ribs, ducking your head to the right. Bend your left knee enough to bring your left shoulder nearly on a level with the point at which you aim, and keep the right foot nearly at a right angle with the heel of the left; by so doing you will preserve your balance. If your opponent is a clever left-hand upper-cutter, hit him with a straight arm—that is, do not step in any further than is absolutely necessary to reach him, and also be careful to get the chin well down, in order to receive his blow either on the forehead or side of your head, if he should counter with you. It is not practicable to guard with your right as you deliver this blow, as doing so would detract greatly from its force and effect. Recover your position as quickly as possible. (See Fig. 12.)

Guards for the left-hand lead for the body.

1st. Bring your right arm down sharply, meet your opponent's wrist with your wrist or

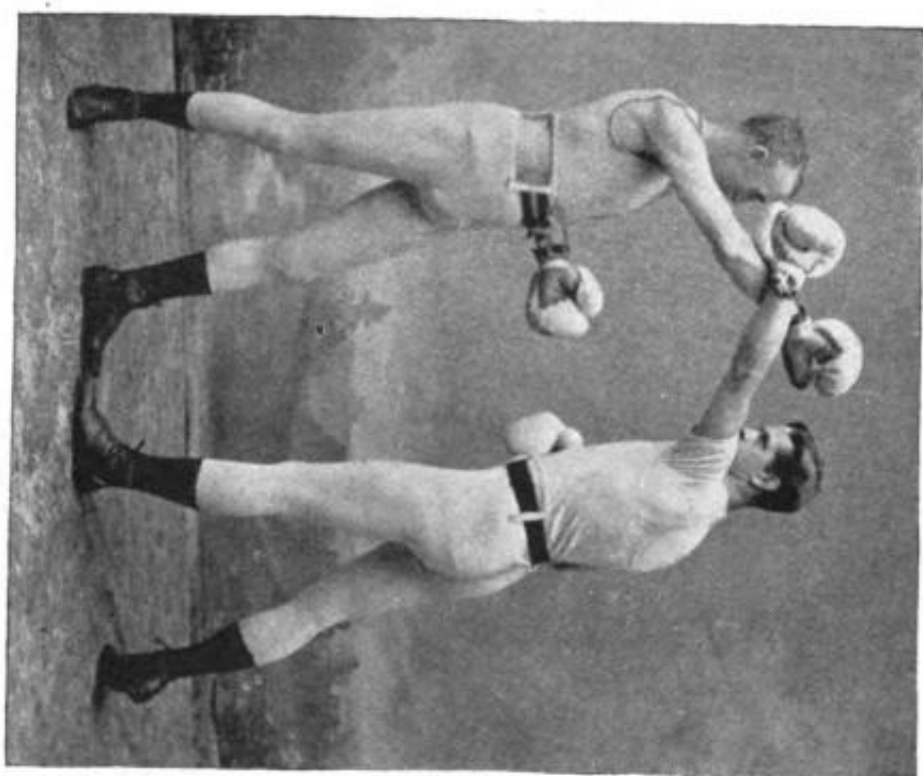


FIG. 25.

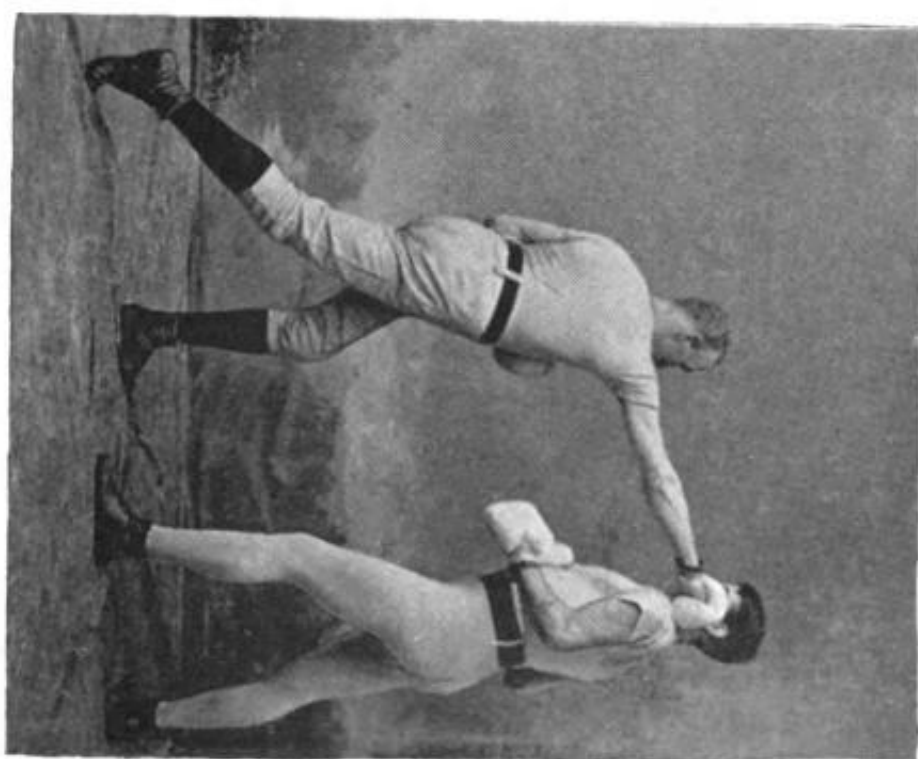


FIG. 26.

forearm, and throw his arm strongly to the right with a downward and outward motion.

2d. Throw your left wrist or forearm over your opponent's wrist, with the palm of the hand turned half downward, and throw his arm sharply to your right with a downward and outward motion. This is a most useful guard, as it throws your opponent off his balance and prevents him from using his right, and at the same time gives you an opportunity of using your right with effect on either his head or body.

3d. Cross the arms over the pit of the stomach, holding the elbows close to the body, and with the right arm above the left in such a position that, should your opponent's supposed lead prove merely a feint to strike for your face, your right arm can be instantly raised to guard the blow.

Each of these is a good guard, and the one which seems the easiest should be used. (See Figs. 13, 14, 15.)

Right-hand body blow.

Feint your opponent to induce him to lead with his left for your head, and the instant that he does so, or raises his left guard, step well forward to the left and strike out with your right for his short ribs. Should you land effectively, and be conscious of having hurt him, follow instantly with your left, with the swing of the whole body, for the pit of his stomach. In hitting the right-hand blow be careful to duck your head well to the left, to evade his left-hand lead. Should he counter with his right, you can receive his blow on the top of your head, with the muscles of the neck firmly braced, which lessens the effect of the jar. These blows can be used upon a man who is intent upon attacking you and guards unskillfully. Should you land both blows you will probably wind him, and thus have an opportunity to recover and change your point of attack to his head, hitting fast and furiously with each hand, alternately. (See Fig. 16.)

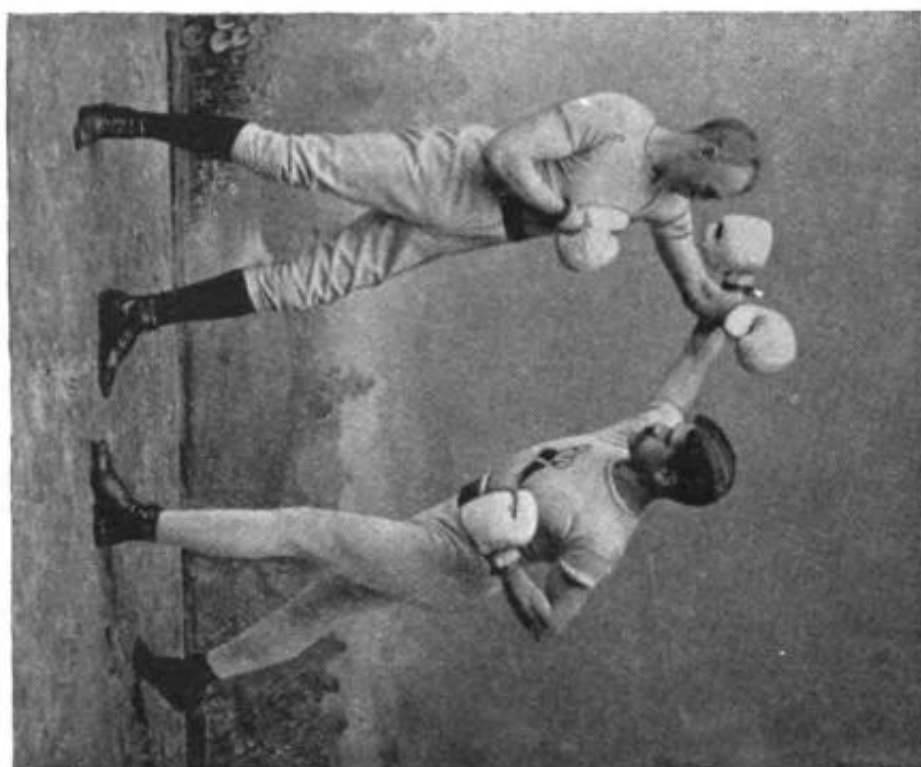


FIG. 27.

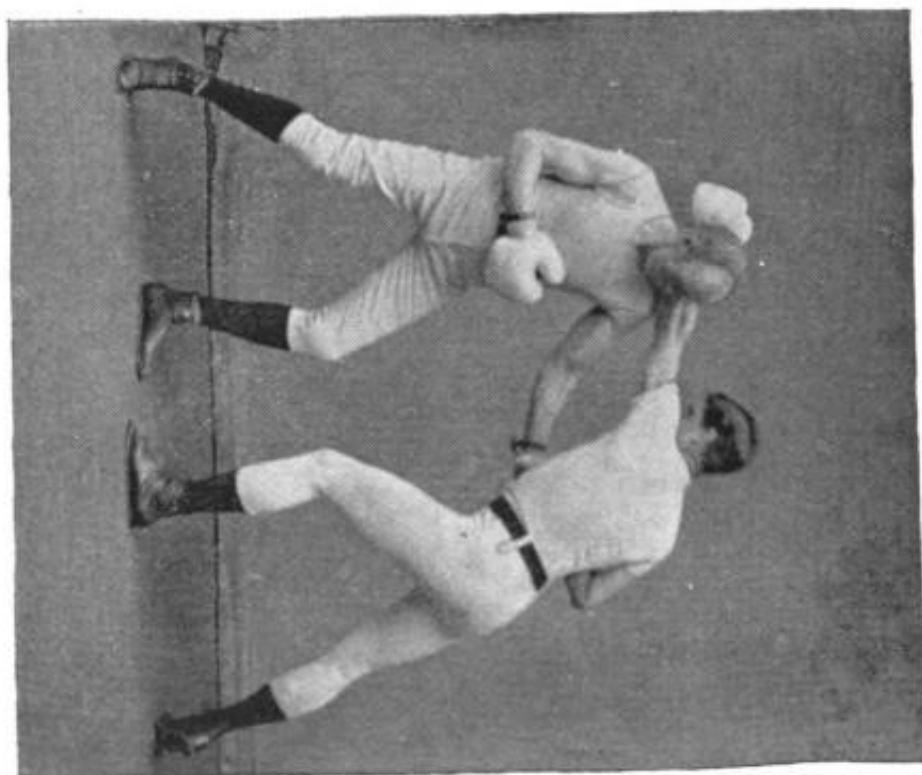


FIG. 29.

Guard for the right-hand body blow.

Turn the body slightly to the right, press the left elbow to the side, covering the short ribs, taking the blow either on the elbow or on the strong part of the forearm. The upper arm and forearm should form nearly a right angle, with the hand slightly dropped from the level of the elbow, or meet the blow with your left wrist or forearm, with a strong downward and outward motion; or, better still, spring quickly out of reach. (See Fig. 17.)

Cross-guard blow.

Draw out your opponent by throwing your head slightly forward, giving him an apparent opening to strike at your head with his left or right, and if he does either, step forward instantly with the left foot, throw the left forearm across the face about eight inches from it, the knuckles turned slightly inward, as this position gives you the strongest guard; at the same instant strike out with your right for his short ribs or pit of his stomach. This blow

can be used most effectively upon a man who is a chopping hitter with his left, or depends chiefly upon his right to inflict punishment. You can often make a lead of this blow by making a strong feint as if you would lead with your left, and instead of doing so throw the arm across the face and strike with your right for his left short ribs. (See Fig. 20.)

Guard for the above blow.

If your opponent delivers the cross-parry from your left lead for the head, and you can discern his intention quick enough, check your blow, throw your left arm across your body, and receive the blow on your elbow. If not, drop the right hand across the body, with the palm pressed close to the short ribs, and receive the blow on the back of your hand. (See Figs. 22, 23.)

Swinging left-hand blow for the head.

This is a difficult blow, but very effective when landed. A constant straight lead enables your opponent to expect what is coming.

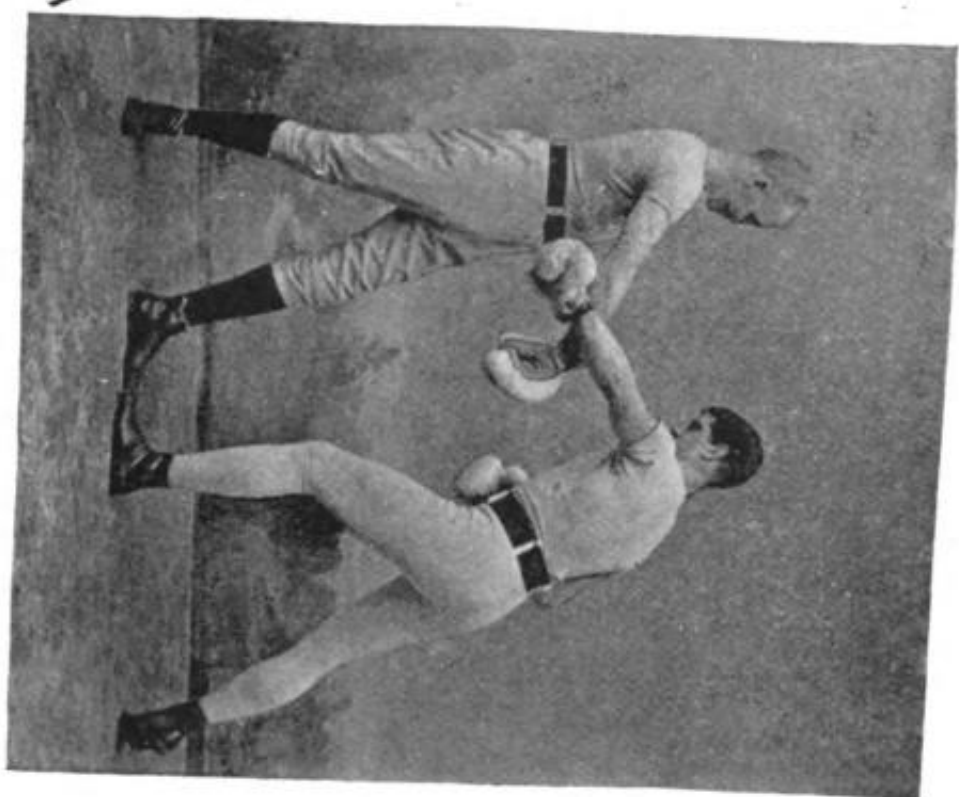


FIG. 30.

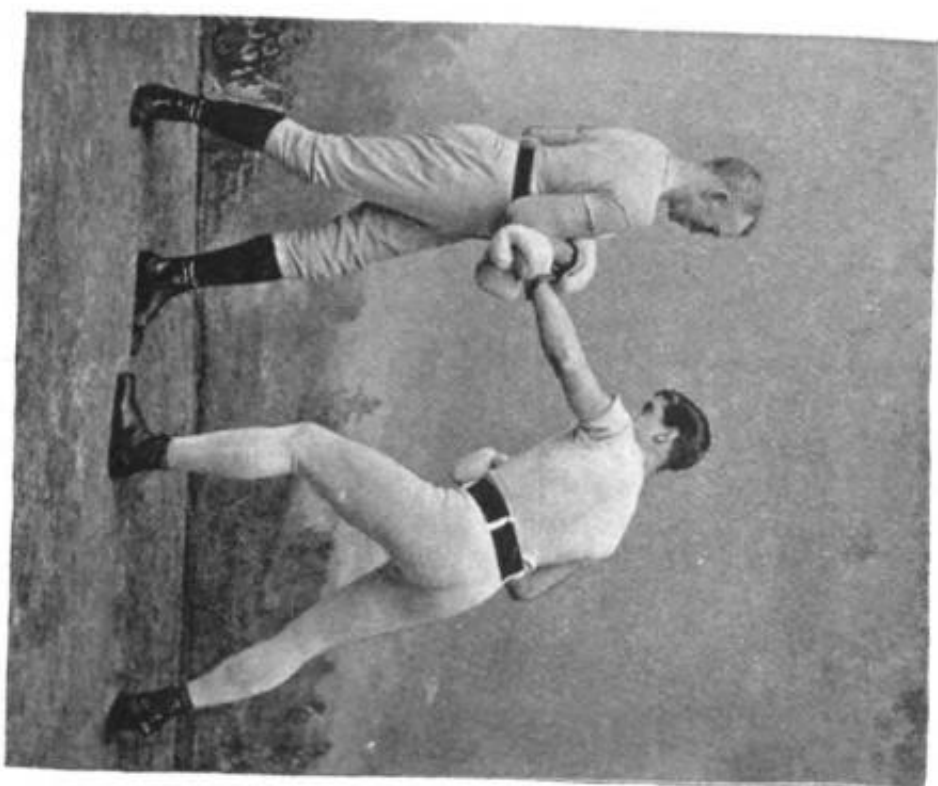


FIG. 31.

Hence the necessity of deceiving him. Feint him strongly by the motions of the body, as if you would lunge straight for him. Hold yourself well together, keeping your left arm well back, spring quickly forward with the left foot, inside or outside your opponent's left, or toe to toe, according to his position and distance from you, and as you do, swing your left with a half-circular motion and the swing of the whole body for the point of his jaw, pivoting on the ball of each foot, at the same time ducking your head well to the right, to receive his left or right hand counter on the side of the head. In landing this blow the point of contact should be the first knuckle. (See Fig. 24.)

Guard for swinging left-hand blow for the head.

Throw the right arm upward and outward, about seven-eighths extended, bringing the hand nearly in a direct line from a point about eight inches above the right eye, and meet the blow with the upper arm or elbow. The palm of the hand should be downward and half outward. (See Fig. 25.)

Swinging right-hand blow for the head.

Feint with your left hand, and by a quick forward movement of the left foot, as if you were going to make a straight left-hand lead for his head. If you find that your opponent is disconcerted, instantly spring forward with your left foot inside of his left, and the same instant swing the right arm, with the weight of the whole body, in a half-circle for the point of his jaw.

The arm, as you land the blow, should be slightly bent, making the point of contact the first knuckle. Of the right foot the toe only should rest on the floor, and should be directly behind the heel of the left. The heel of the right should be raised to nearly a perpendicular line with the toe, thus adding to your reach, the toe acting as a pivot, enabling you to swing the whole weight of the body from the toe upward into the blow, and at the same time preserve your balance.

This blow is a risky one to deliver, as you leave yourself open to your opponent's right-hand counter, and also run the chance of in-

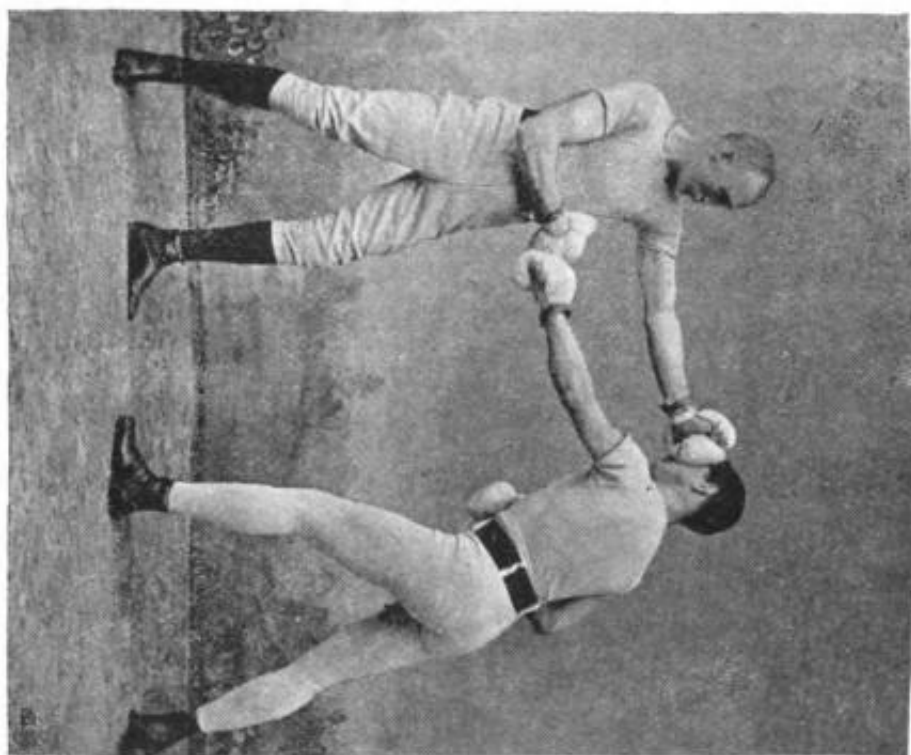


FIG. 32.

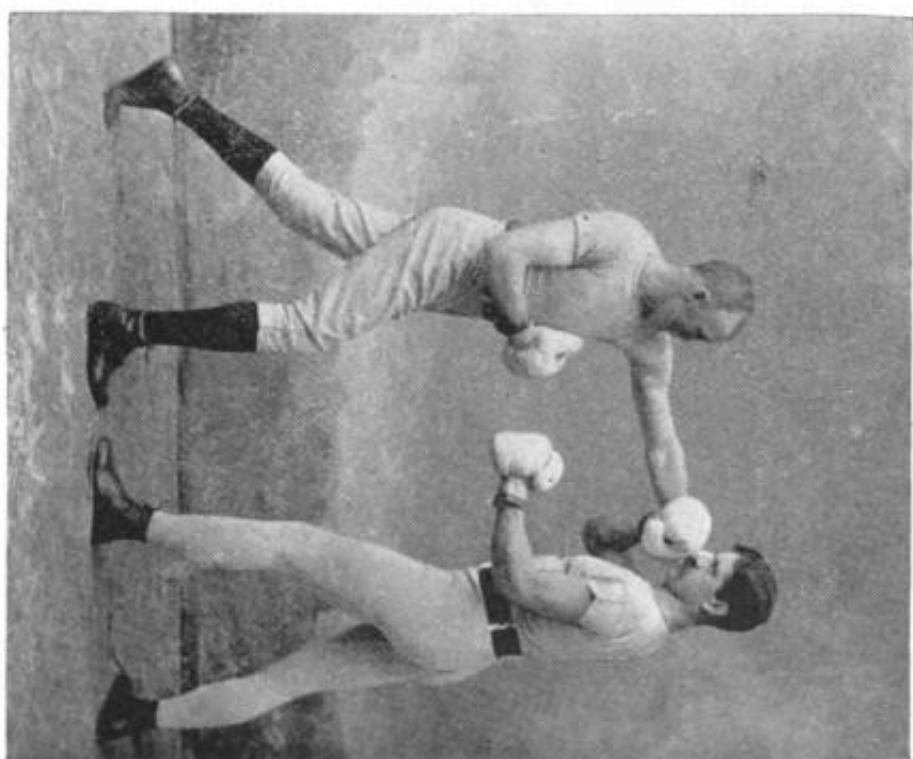


FIG. 33.

juring your arm on his elbow if he gets up his left guard. As a rule it should be left as a finishing one, when your opponent is tired and too slow to guard it. But, being the most effective blow in the art of boxing, it warrants the chances of attempting when you feel confident of landing. (See Fig. 26.)

Guard for right-hand swinging blow for the head.

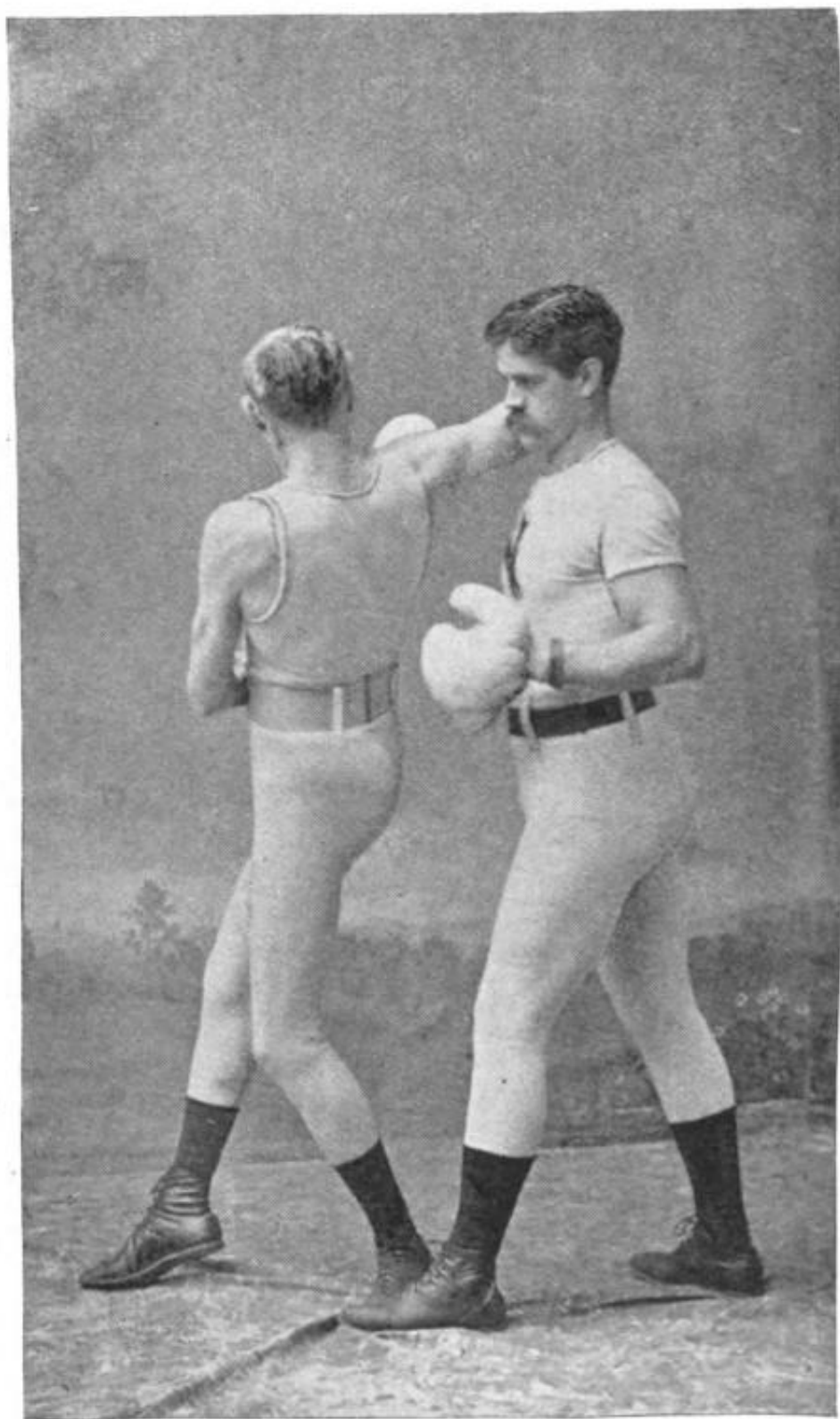
Throw the left arm upward and outward, and bend the elbow so that the forearm will form an oblique angle with the upper arm. Brace the arm strongly, and meet the blow with the upper arm or elbow, aiming to do so with the latter, in order, if possible, to disable your opponent's arm by coming in contact with it. The safer way is to avoid the right-hand swinging blow by springing back quickly out of reach. This movement has a double advantage—if your opponent depends chiefly upon swinging right-hand blows, he is liable to miss, overbalance and swing half-way round; should he do this, it gives you an opening to swing your right for his head or body. (See Fig. 27.)

Swinging left-hand blow for the body.

Feint your opponent's head strongly with your left to induce him to throw up his right to guard his face, and if he does so, or attempts to lead or cross you from your feint, spring well forward with your left foot just outside his left, or toe to toe, according to his distance from you; at the same instant draw the left arm well back and swing it with a half-circular motion for his right side, ducking your head well to the right; and should he cross with his right, the blow should pass over your left shoulder. Should he attempt a half-round left-hand upper cut, he is not likely to do serious damage, as your blow landing first lessens the force of his. As there is a counter for every blow in the science of boxing, the test of skill is to land first. (See Fig. 29.)

Guard for the swinging left-hand blow for the body.

Throw the right arm downward and outward, and meet the blow on the strong part of the forearm or elbow.



A FOUL PIVOT.
(See page 45.)

Guard No. 2 for the same blow.

Throw the right forearm across the body, pressing the elbow firmly against the ribs, and receive the blow on the elbow.

Stop for the same blow.

As he swings, jab your left straight from the shoulder to meet him on the side of his face, which breaks the force of his blow. (See Figs. 30, 31, 32.)

Swinging left-hand blow for the head, stepping forward with the right foot.

Stand well away from your opponent and feint him strongly, as if you would lunge for him with your right hand; step well in with the right foot, within striking distance, and swing the left hand for the point of his jaw or neck, with the same motion, and in the same manner as described in the *right*-hand swinging blow for the head, except that you step forward with the right instead of the left foot. The reversing of your position is very likely to

confuse your opponent. This blow is useful if the right hand has been disabled, and is very effective, but it is a difficult one, and can only be properly delivered after long practice, and is, therefore, undesirable for beginners.

This blow is rarely practiced by boxers, but when used with skill has a most demoralizing and punishing effect upon an opponent.*

* I have had practical experience of its value. In August, 1879, I fought William C. McClellan, in San Francisco, prize-ring rules, in a ring 18 x 20 on a hard board floor, with 1½ oz. gloves. The fight lasted ninety-six rounds; in the fourth round he threw me over his shoulder; I fell on my right shoulder, and disabled it so badly that it was useless during the rest of the fight. In the seventh or eighth round I had him penned in his corner; to escape he made a side step, and ducked to his right; I reversed my position, shifting forward the right foot, and as I did so I swung my left, hitting him on the jaw, and knocking him clean out of the ring. He was so badly dazed that it took his seconds one minute to get him back in the ring. This in fairness should have given me the fight, as the limit between the rounds was thirty seconds. As the fight went on I got many more falls, which made my shoulder so sore and stiff that I was unable to swing my body to strike a similar blow. The consequence was a draw.

This paragraph is written to give an instance of the practical value of this blow, not to disparage McClellan, for he was a good man. He proved his gameness in this instance by fighting more than sixty rounds, with two of his ribs broken. (See Fig. 33.)

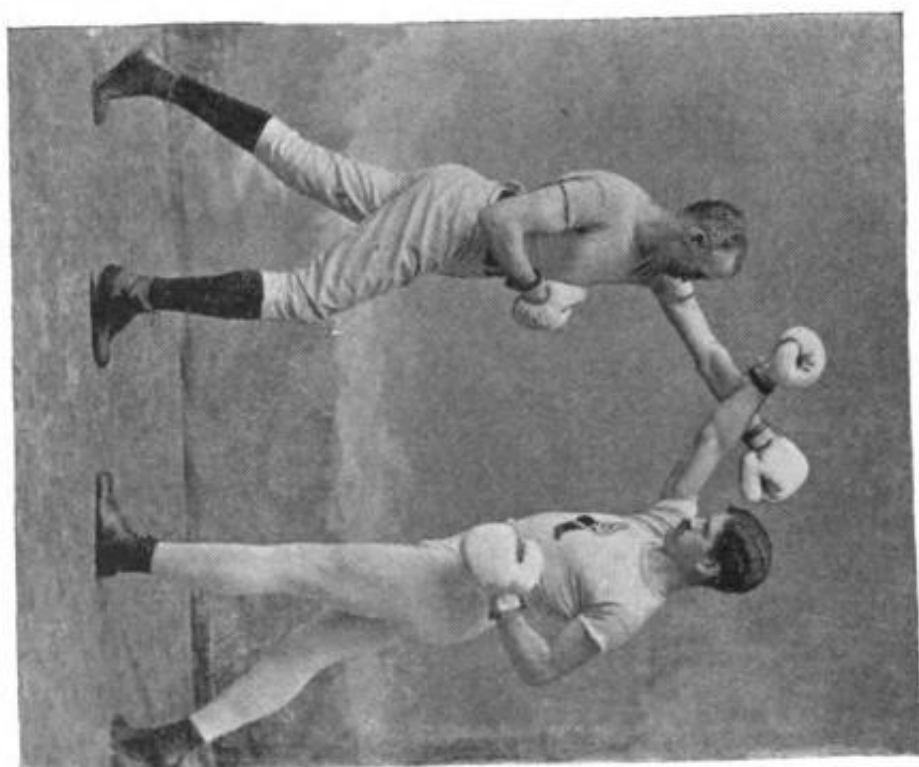


FIG. 35.

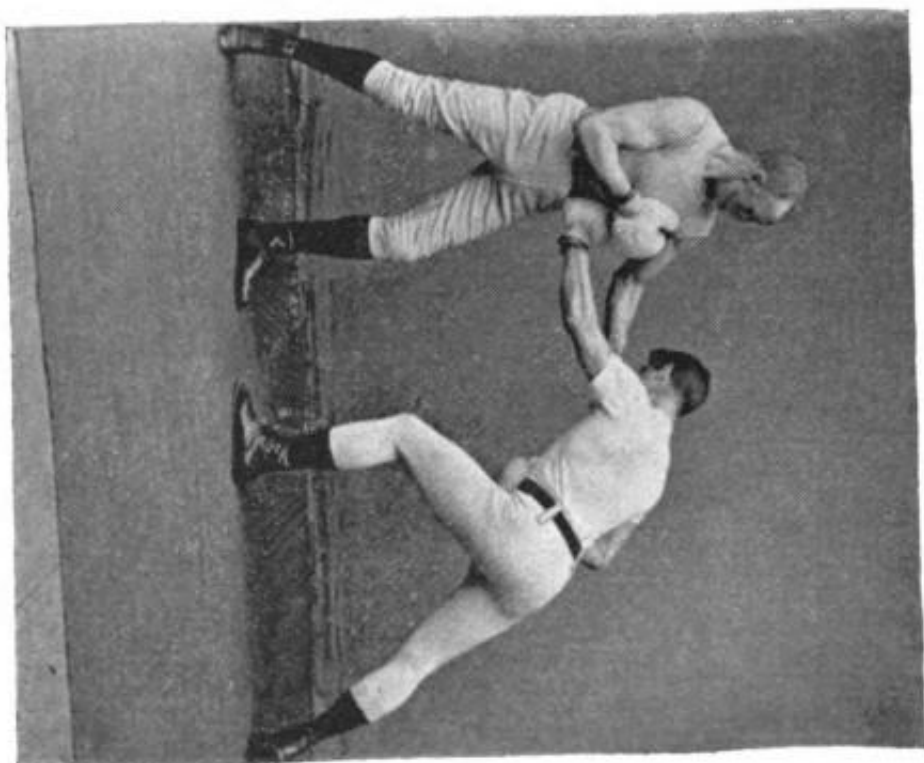


FIG. 36.

Guard for the above blow.

The guard for the above blow is the same as the guard for the swinging left-hand blow, stepping forward with the left foot. (See Fig. 35.)

Left-hand upper cut.

This blow is delivered when your opponent strikes for your body with his left hand and ducks to his right. Step forward and meet him, drop the left hand slightly, draw back the arm, and hit upward at your opponent's face. In landing the blow the arm should be bent in nearly the same position to which you drew it back. Make the point of contact on the foreknuckle. By this movement you can hit the quickest and hardest blow. (See Fig. 36.)

Guard for left-hand upper cut.

Having led for your opponent's body and being unable to recover, should he try to upper-cut you, throw your right arm well forward at a right angle with the body, and receive blow on the strong part of the forearm. (See Fig. 37.)

Right-hand upper cut.

Watch your opponent's manner of ducking, and if he leads for your head or body, and ducks forward on a line with his arm, draw the right arm well back, and as you do so swing it, in about a quarter-circle, and strike upward for his face. The shoulder, body, and hips should swing with the arm, putting their whole weight into the blow. This makes it virtually an upward swinging blow, and as such differs from the left-hand upper cut, which is hit with a bent arm. You must anticipate your opponent's duck, and depend on stopping his blow by landing yours first. If your opponent ducks, as described, you can hit him either with the right or left hand. (See Fig. 38.)

To stop a left or guard a right hand upper cut.

Should your opponent attempt an upper cut from your lead, straighten out your left to its fullest extent, swinging your left shoulder well forward, which gives you a longer reach; aim for the body, and if it lands but lightly, this is an

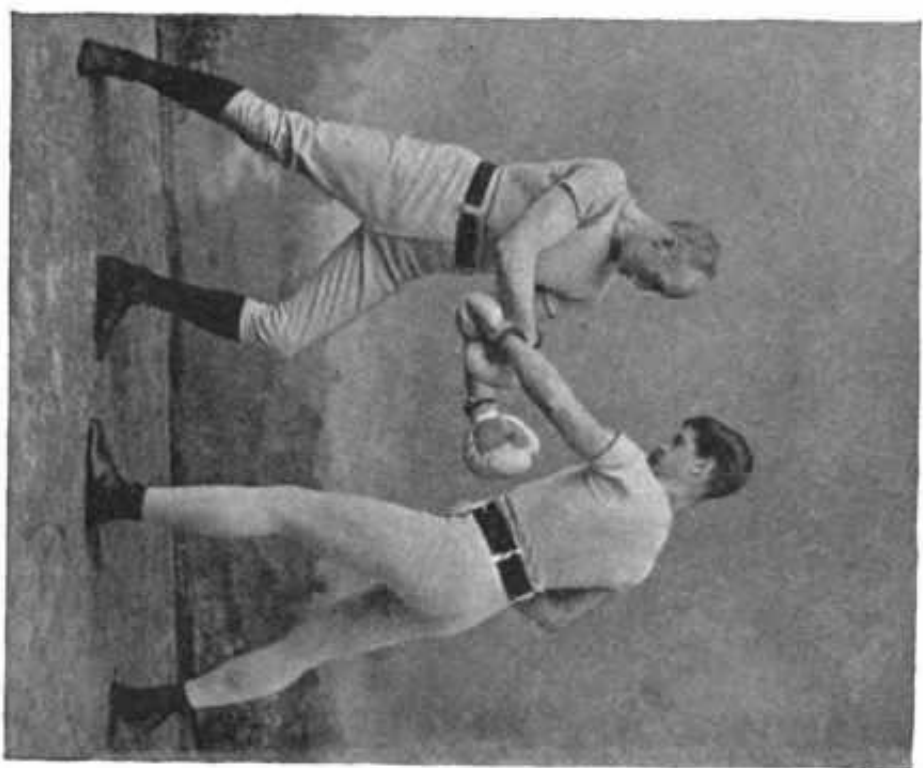


FIG. 37.

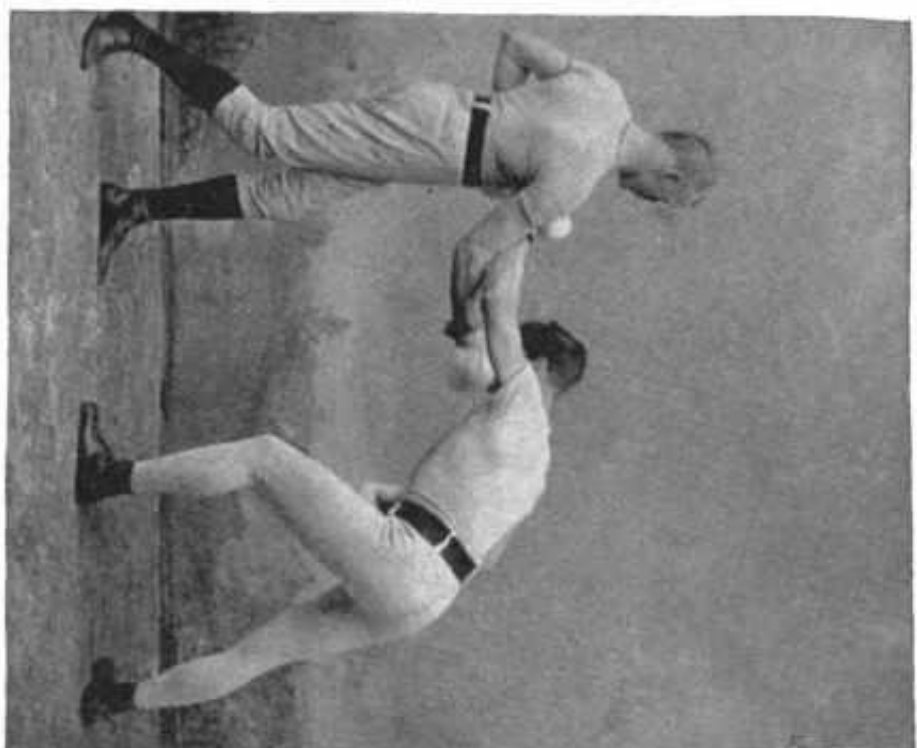


FIG. 38.

effective stop. Should he attempt a right-hand upper cut, the same movement with the left arm serves as a guard.*

THE PIVOT BLOW.

The PIVOT BLOW is struck by standing well away from your opponent and feinting as if you would lead for him with your left; instead of doing so, wheel around, making a pivot of the ball of the left foot, extending the right arm so that the heel of the hand will strike the jaw or neck. This blow, when struck in this way, is fair. But it has the element of trickiness, and is only practiced by pugilists when they are in desperate straits, and indifferent as to the risk of fouling. Therefore it is not recommended. (See Fig. 42). To guard or evade the pivot blow, see Figs. 43, 44.

* The upper cut, as a rule, can only be effectively delivered on one who ducks forward nearly on a line with his arm, which is a dangerous way of ducking; hence, in leading, if you use care to duck downward and well to the right, instead of forward, your opponent will have great difficulty in landing an effective blow. (See Figs. 39, 40.)

RIGHT-HAND BOXING.

The man who advances his right foot and arm in position is rarely a skillful boxer, because his left hand is untrained, and consequently he cannot use it with precision.

Upon a boxer of this kind a swinging left-hand body blow can be hit with great effect. Feint for his head to induce him to raise his guard or lead for you. Should he do either, duck your head to the right and swing your left hand for his right short ribs or kidneys; if it lands on the latter spot, the effect is much more weakening. This blow can be easily followed with the right, straight from the shoulder; it should be very effective, as the weight of the whole body goes with it.

You can also make a lead straight with your right, as you can well afford to exchange blows, because his right-hand blow is but a stab, and yours has the swing of the whole body.

Should he attempt to cross your lead with his left, you can guard him easily with your right and counter straight with your left.

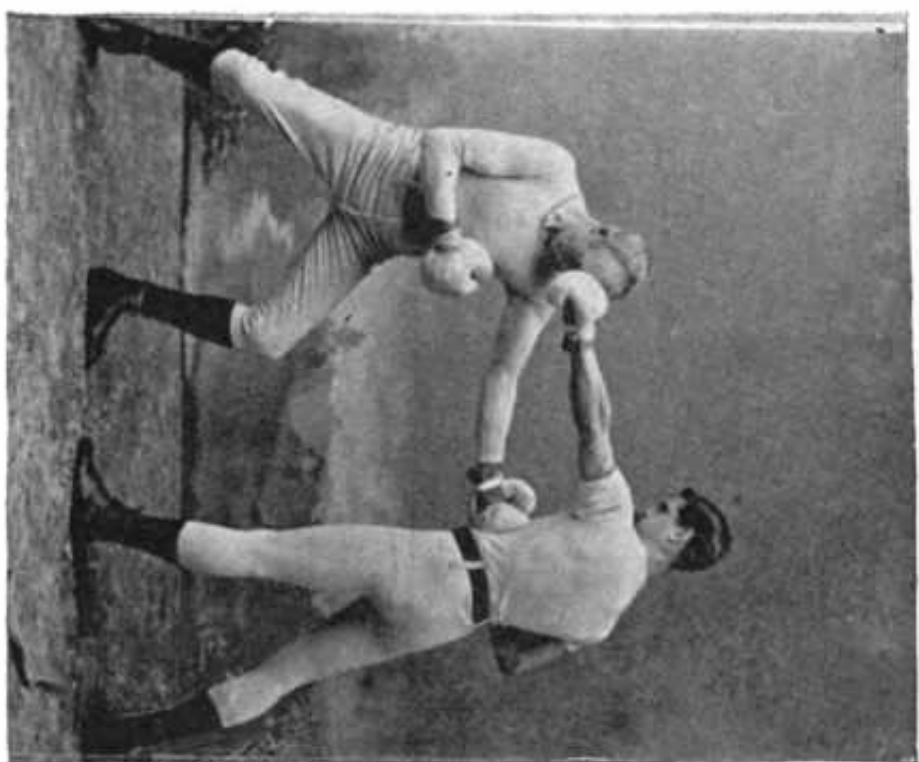


FIG. 39.

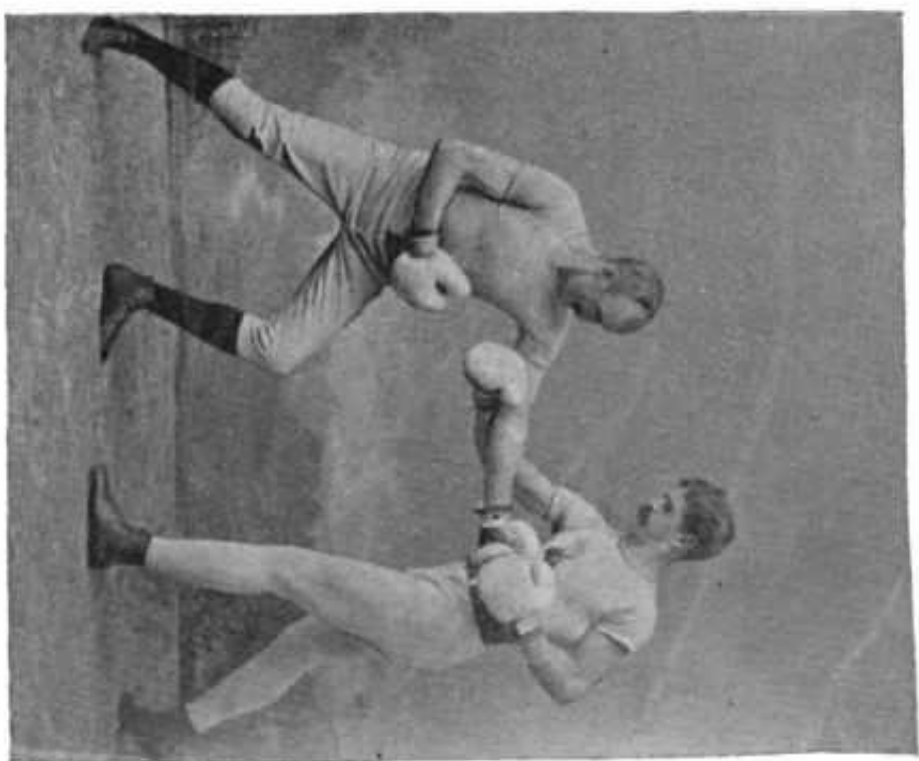


FIG. 40.

If he leads for your body, meet his wrist with your right forearm and parry the blow to your right, or spring back, crossing the body with both arms, the right above the left, and receive the blow on the arms.

In boxing with such a man, if you lead for him with your left it should be a swinging blow for his jaw, as his right arm is directly in the way of your left, and to get over it you must swing for him.

In countering his right-hand lead duck your head to the right and swing your left for the point of his jaw.

You can guard his right-hand lead with your left, and hit him a cross-parry blow with your right either on the face or body—the latter is the better blow. This is a most effective blow, as, in leading for you, his whole front is exposed to your stronger arm.

You can also make a lead of this blow for his face or body, and by ducking your head well to the left escape either his left or right hand counter.

After having a few exchanges with your opponent in this position, change suddenly by

putting your right foot forward, and as you change, strike out instantly with your right for his face or body. This is almost sure to disconcert him. Before he recovers from his surprise shift back to your original position, and you will certainly have him demoralized.

Every man, after a thorough training with the left foot first, should practice by changing to the right foot. It may come in useful at any time. (See Figs. 45, 46, 47, 48, 50, 51, 52.)

How to guard the blows of a right-hand man.

When he leads with his right, you can cross-guard him with your right in the same way that you would guard the lead of a left-hand man.

By guarding with your left you are more likely to get an opening to land a right-hand counter. You should guard his left-hand cross with your right. (See Fig. 53.)

INFIGHTING.

A thorough knowledge of this style of fighting is invaluable, should you be forced into a

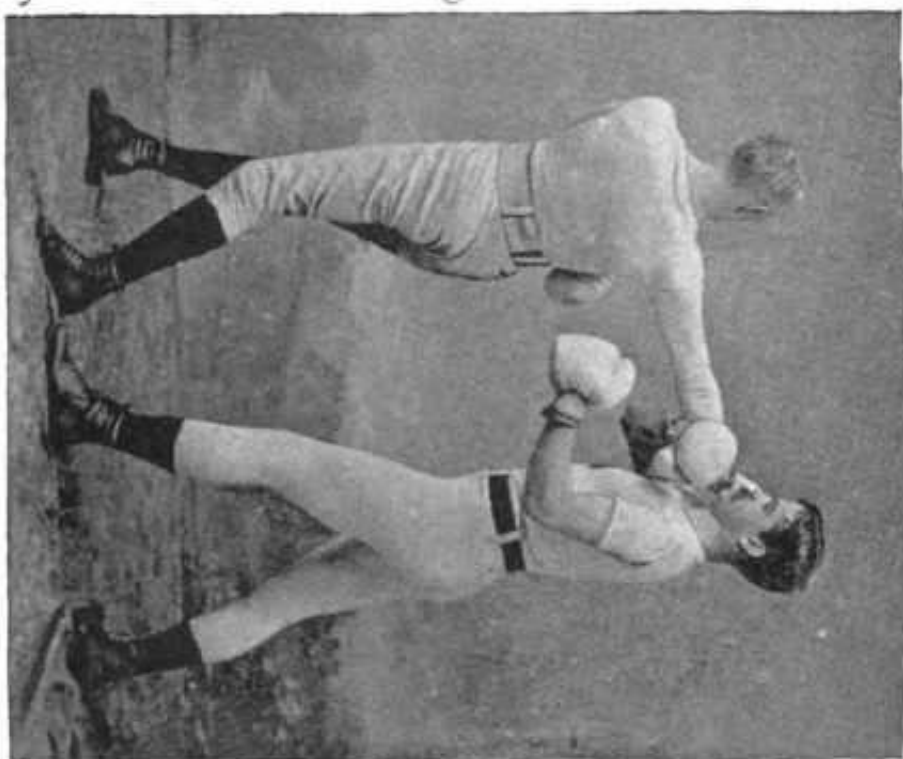


FIG. 42.

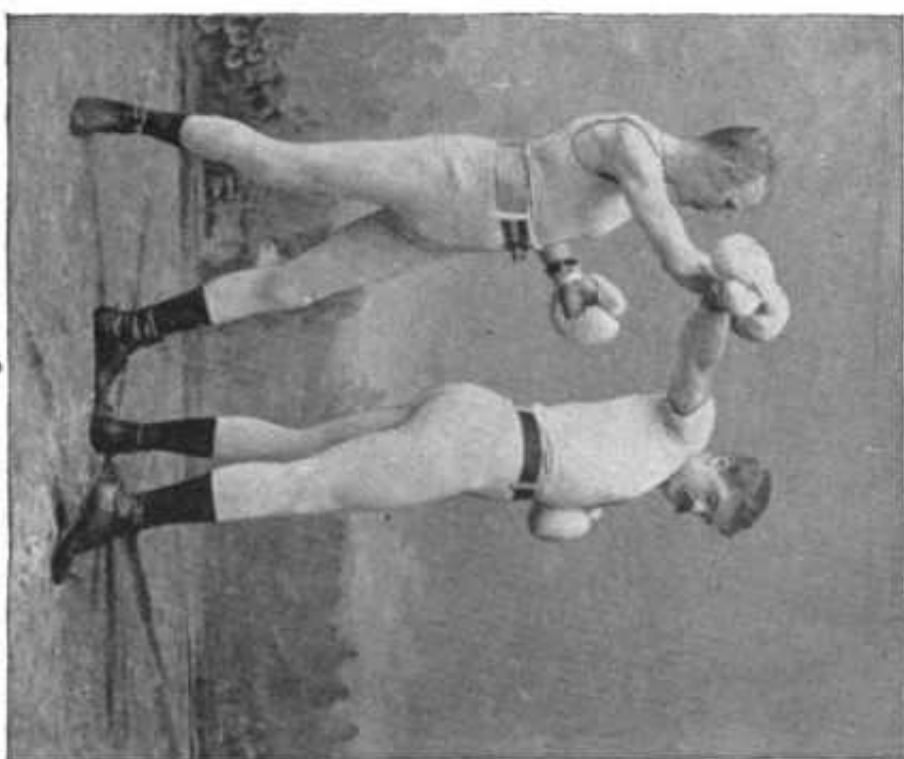


FIG. 43.

corner close to a wall or the ropes, and may enable you to turn the tables upon your opponent just when he appears to have you at a disadvantage. In that position he will generally lead with his right; should he do so, dash out your left for his face. If you see that you have stopped him, instantly follow with your right for his jaw. This will very likely lead to an exchange of blows; as you strike the latter blow the right foot should advance slightly, bringing you nearer to the front; in this position the increased swing of the body enables you to hit nearly as hard with your left as with your right. Hit out vigorously with both hands, judging your distance so that your blows will come from the shoulder upon nearly a straight line, these having greater force than half-arm blows. If in these exchanges you have the best of it, your opponent will either clinch you or break ground. If the former, it will be most likely with his left arm around your neck, so that he can hit you half-arm swinging blows with his right for the head or body; instantly drop your chin to your breast, so that his blows will land on the side

of your head. Bend the knees, brace the body against his hug, change your attack from his head, and hit as rapidly as you can alternately, with your right for his short ribs, and left for the pit of the stomach. These blows should be aimed slightly upward, and the swing of the body thrown into each. A few such blows, well delivered, should effectually wind him.

Instantly change the point of attack from his body to his head, swinging half-arm blows alternately, with left and right, for his jaws. These blows must be hit with extreme rapidity. Under such punishment he is sure to give way. As he does so, you can end the bout with a blow on the jaw.

This is an unusual style of fighting, but knowing from personal experience its extreme value, I lay particular stress upon its practice for contests in the ring. (See Figs. 56, 57, 58, 59, 60.)

STOPS.

Stops are really light counters, and are termed stops for the reason that they are used to break the force of your opponent's blow by

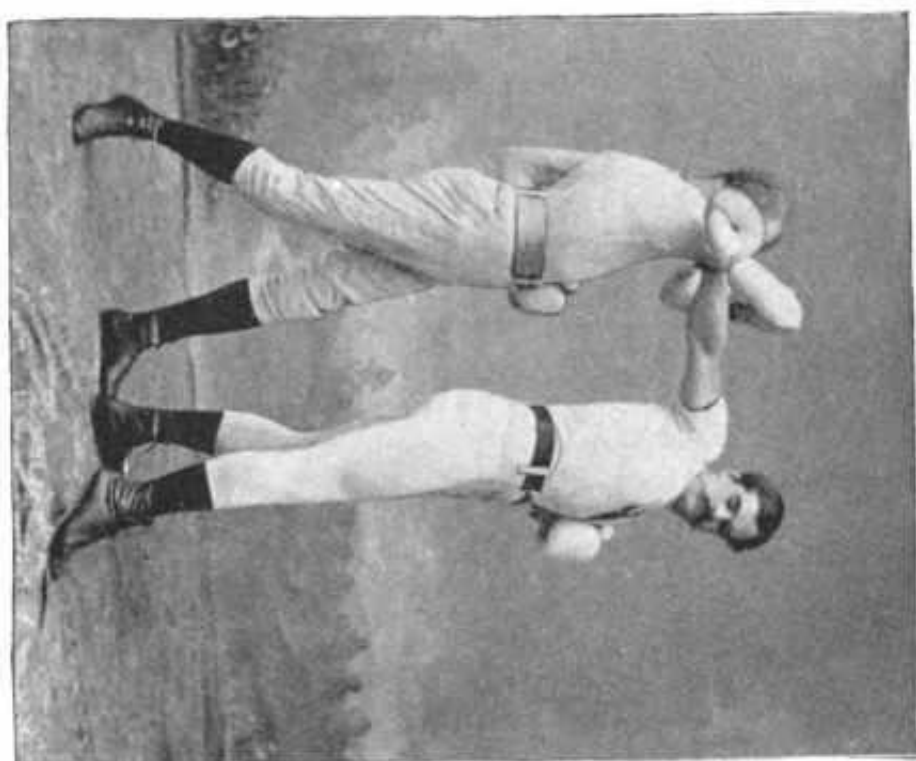


FIG. 44.

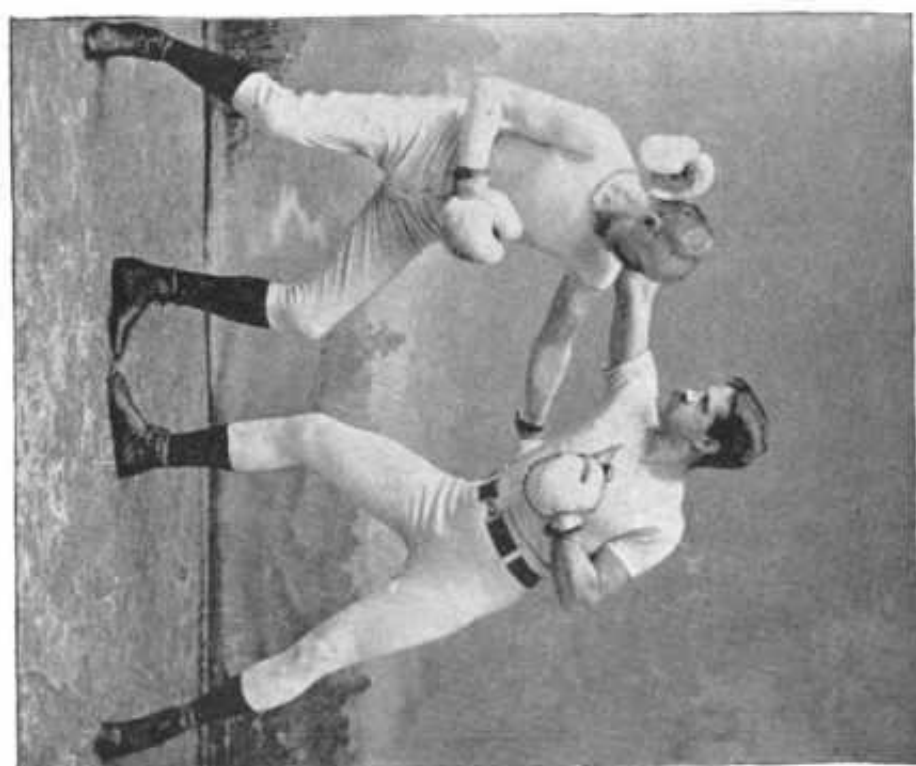


FIG. 45.

striking with him and landing first. They are particularly useful to prevent rushes and body blows when you are tired or are not ready either to guard or to make a strong counter.

As your opponent leads, strike out with your left for his face, with a quick stabbing motion, aiming by such quickness to land your blow first and break the force of his. The effect of your blow comes from its quickness and the weight of your opponent's body coming toward you, rather than from its power. (See Fig. 62.)

DUCKING AND CLINCHING.

Should your opponent lead for you with his left, before you are prepared to counter, duck under his blow, and thrust the point of your shoulder under the pit of his left arm, pinning his right arm closely to his body. Should he strike straight out with his right, the same manner of ducking answers, but you must hold him tightly around the body with your right arm. Should he swing his right, duck well under his blow, throwing your right shoulder under the pit of his arm, and pin his left arm to

his side with your right. It is well to remember that it is generally safer to duck to your right than to your left. In breaking away, push him from you with both hands, and spring back out of reach. These movements require thorough practice to be skillfully executed. (See Figs. 64, 65, 66.)

DUCKING AND CLINCHING WHEN YOUR OP-
PONENT LEADS WITH RIGHT HAND
FOR YOUR FACE.

The only difference between these movements and the ones already described under a similar heading is, that you throw your right arm around the body, instead of your left, hugging him with both arms to prevent him infighting you.

SIDE-STEPPING OR DUCKING TO THE LEFT.

If your opponent has forced you near the ropes, into a corner, or close to a wall, he will most likely make a lunge at you with his right for your head; guard his blow, if possible, tak-

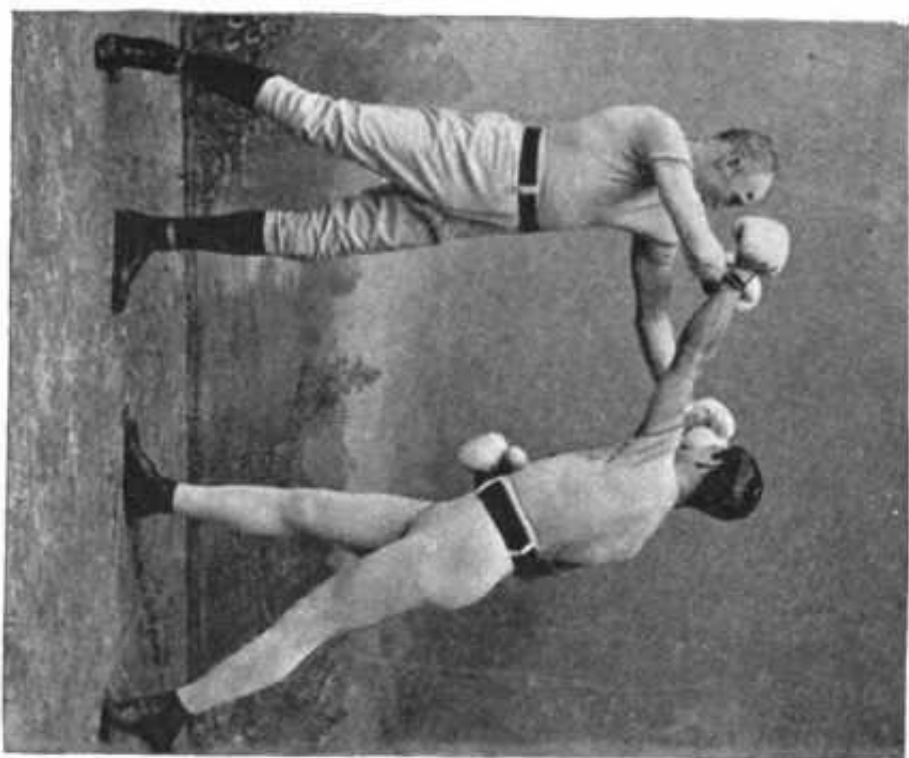


FIG. 47.

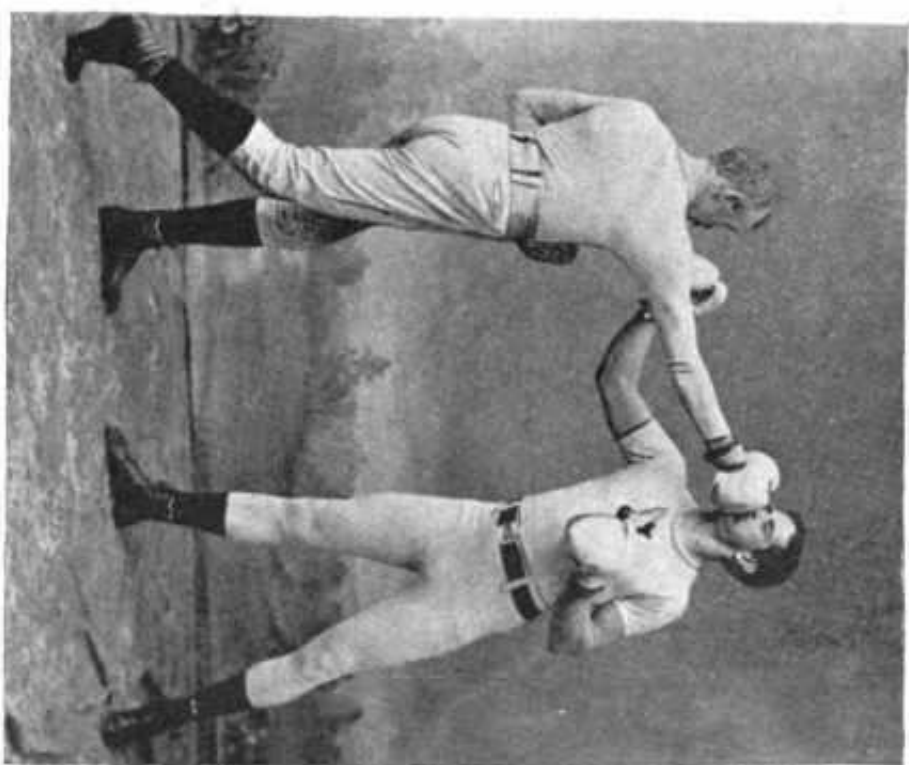


FIG. 46.

ing it upon the strong part of the forearm, and step well to the left, or duck quickly under his blow, stepping well to the left and away from him.

Should there be a greater space to your right than to your left, and should he lead off for your face with his left, cross-guard him with your left on the outside of his left, step instantly to the right, with whichever foot is the easier at the instant. (See Figs. 69, 70.)

HOW TO BOX A MAN TALLER THAN YOURSELF.

Every one who practices the art of boxing may meet a man much taller than himself, and when he does so for the first time he is at a great disadvantage.

When two men—one five feet eight inches high and the other six feet—meet in a ring, both being equally strong and clever, the shorter man is “not in it.”

In carrying out the duties of my position, I have very frequently to box with men from four to six inches taller than myself, and who are often very skillful.

Under the present heading I think I cannot do better than give the beginner my usual method of boxing with such men. In sparring for an opening I change the pose of my body, throwing it well backward, keeping my head erect; I creep forward with my left foot as near to his left as possible, consequently spreading my legs a trifle more than usual, draw my left arm back, keeping the elbow close to the body, and not extending it beyond, so as to deceive my opponent as to my length of reach, and use every effort to make him lead. Should he lead for my head I spring forward, shooting out my left hand, swinging my body to the right, until it is almost in a line with my right shoulder, so as to reach him effectively, the same instant ducking my head well to the right to evade his right or left hand counter. I find the greatest demand for skill in boxing a tall man is in ducking the head. Whenever I land effectively with the left I follow instantly with my right for his face or body. In leading for such men I practice to deceive them with my eyes by looking down from the head to the line of the belt, as though I intended to hit him there. I



FIG. 48.



FIG. 50.

find this often disconcerts them, causing them to lower their guard, when, instead of hitting at the mark looked at, I frequently strike a swinging left-hand blow for the head with great effect. As a general rule, I find the surest way to best very tall men is to be aggressive, to keep close to them, using my head skillfully to escape their blows, and by a rapid use of both hands keeping them on the defensive as much as possible.

GENERALSHIP.

To fight successfully the pugilist must follow a plan, the first and most important part of which should be to find out the weak points of his opponent. The manner of doing so must be left to the trained intelligence of the boxer.

There is endless scope for acting in the ring. Always maintain a bold, determined front; never allow a sign of pain or weariness to appear in either face or action.

A SUGGESTION.

The foregoing instructions in the science of boxing are complete enough to teach you the

theory of the art. Your plan now is to get the practical knowledge by securing the services of a thorough teacher. Should that be impossible, your next best plan is to invite a friend to join you in studying and practicing the blows, guards and parries described and illustrated in these pages, and by this means you may become a good average boxer.

HOW TO JUDGE A FIGHT.

A sport in which the best men do not win can never hold a firm place in popular favor. Participants and spectators soon tire of unfair contests. The sentiment of justice is deep-seated and easily offended. Spectators of a boxing contest are quick to rise in protest at a decision which looks bad. But they are not always right, even when nearly unanimous; indeed, those who find fault are much more often wrong.

It is impossible for a referee to please everybody; it is hard enough for him to act so that his own sense of justice will be satisfied.

It should be remembered that in a crowd of

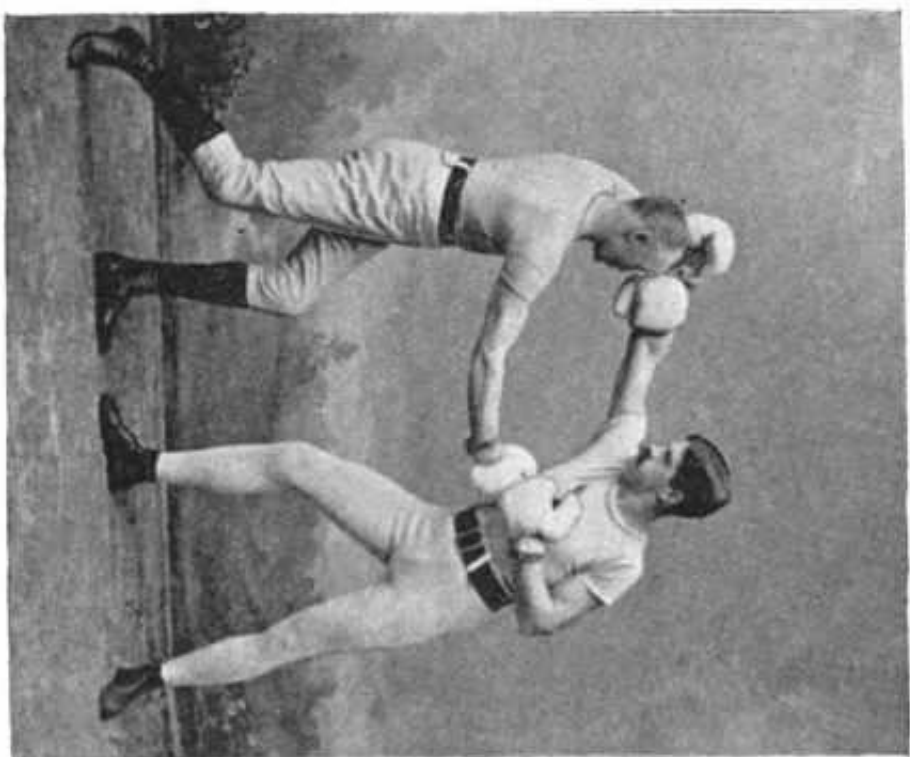


FIG. 51.

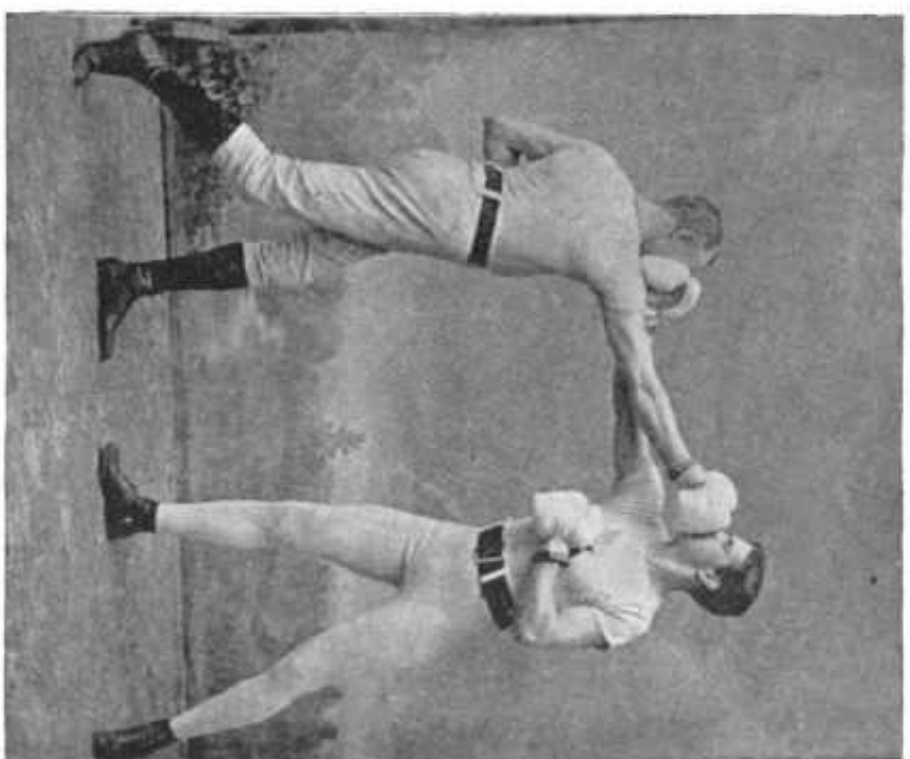


FIG. 52.

two or three thousand spectators there are not more than one hundred really good judges of boxing, and as the majority of spectators are at a long distance from the stage, they cannot appreciate the fine points of a boxing match.

I have frequently sat beside two good judges and found one of them side first with myself and then with the other. When, on such occasions, I have found myself in opposition to the referee, I have always remembered that he was nearer to the boxers, and might have noticed something which escaped me.

In general, however, the points of a good boxer should be clearly visible to the trained eye, and there should be few mistakes in the decisions.

The points of a good boxer begin to show as soon as the preliminary "shake" is over and he has put up his hands. His position counts for something. Is he well posed? Is he equally ready for attack or defence? Then he leads, and you ask yourself, is he a good, straight hitter? If one man hits straight, clean blows while the other swings, though they land the same number of times I would give

the fight to the former, other things being equal.

Watch each man's movements on his feet. He who is supple and easy scores point from him who is stiff and awkward, for the former would have the better chance of tiring his opponent out in a long contest. Clever feinting is a point. Does the boxer betray his intention, or does he deceive his opponent? A blow well parried counts something for the defence, for to guard well is the sign of skillful boxing. In general, the aggressive fighter should get the decision over the one who is trying to win by his counters. This principle is sometimes carried too far. There is no skill in wild and aimless leading. It requires long experience to enable a referee to decide just how much credit should be given for aggressive work.

It is a fault of some to give too much importance to a few seconds of rapid fighting. This lively work is often allowed to drive the rest of the round out of one's mind. As for me, suppose one man leads three or four times, and hits his opponent without getting a return, and then there's a rally, and the other fellow gets a

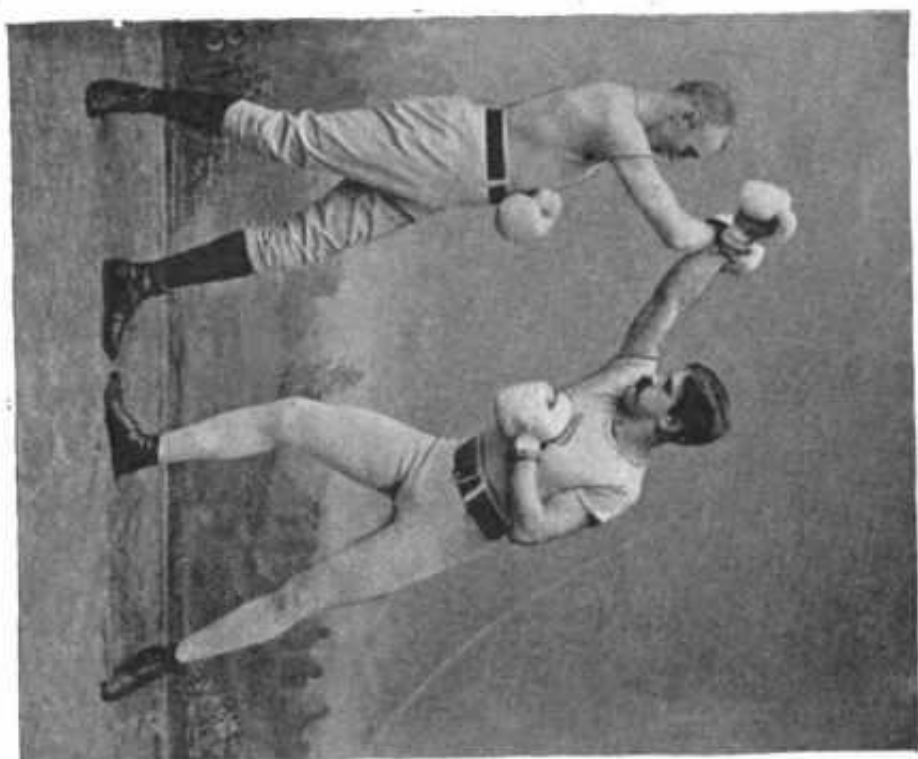


FIG. 53.

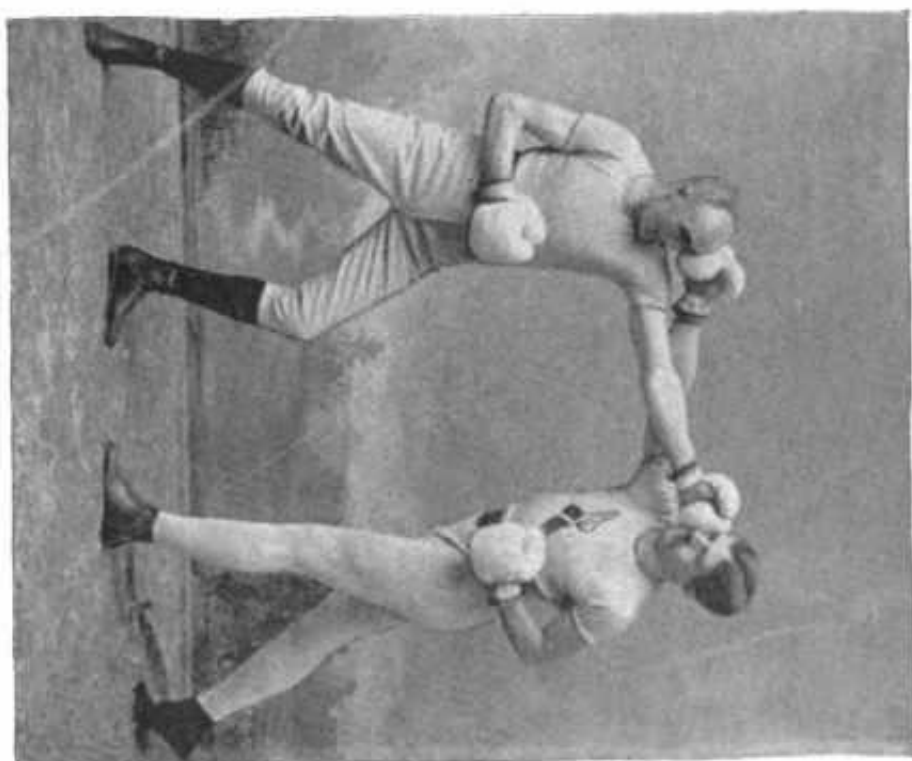


FIG. 56.

little the better of it, I am disposed to look favorably on No. 1. He has shown himself a good judge of distance, and has timed his opponent well, and these are exceedingly important points.

A good deal is said about foul fighting. I believe in prompt disqualification for intentional vicious fouling. I don't take very much stock in what is called shouldering. It is hard to do any damage that way.

Butting is a dangerous practice, and should disqualify any fighter who does it with malice. Another bad foul is the elbow trick. It is worked at the breaking of a clinch, sometimes with a simple "jab," or perhaps with a pivot. If I saw a man hurt by this trick in a fight, I would certainly give him the decision. A good referee can tell whether a punch with the elbow is accidental or not.

The duties of a referee are to explain the rules to the competitors. When time is called he should take his position outside the ring, and he should not enter it until the contest is over, when he is required to give his decision. The men require all the space there is in a ring.

Under no circumstances should he put his hand upon either competitor, his power to disqualify for foul fighting being absolute.

HOW TO TRAIN FOR A FIGHT.

Methods must differ according to the habits and constitutions of the men to be trained.

The man who inclines to make flesh must work harder, wear heavier clothes, and undergo a more restricted diet than a man whose habit is the opposite.

Before beginning real work, say about three days, every man should take mild doses of physic to act on the bowels, liver and kidneys, to get the whole system purged from impurities and ready for sustained active work.

The best clothes to work in are fine lamb's wool underclothes; they absorb the perspiration and tend to keep the body free from irritation. The outer garments, sweaters, coats and pants, should fit comfortably, and must be varied according to the season of the year and the amount of flesh to be taken off.

When at work seven o'clock is a good hour

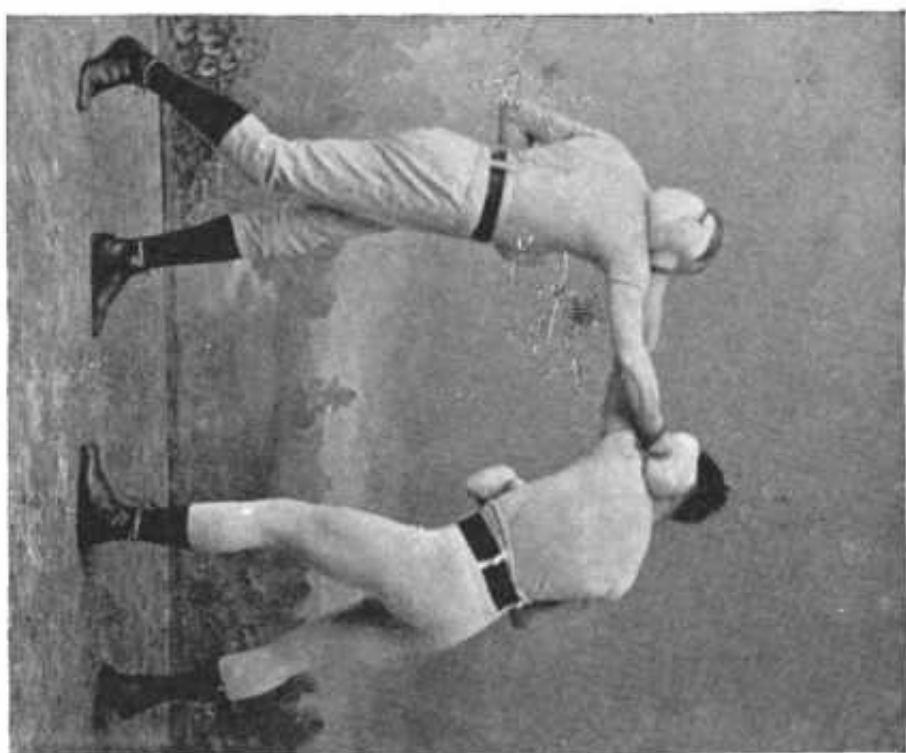


FIG. 57.

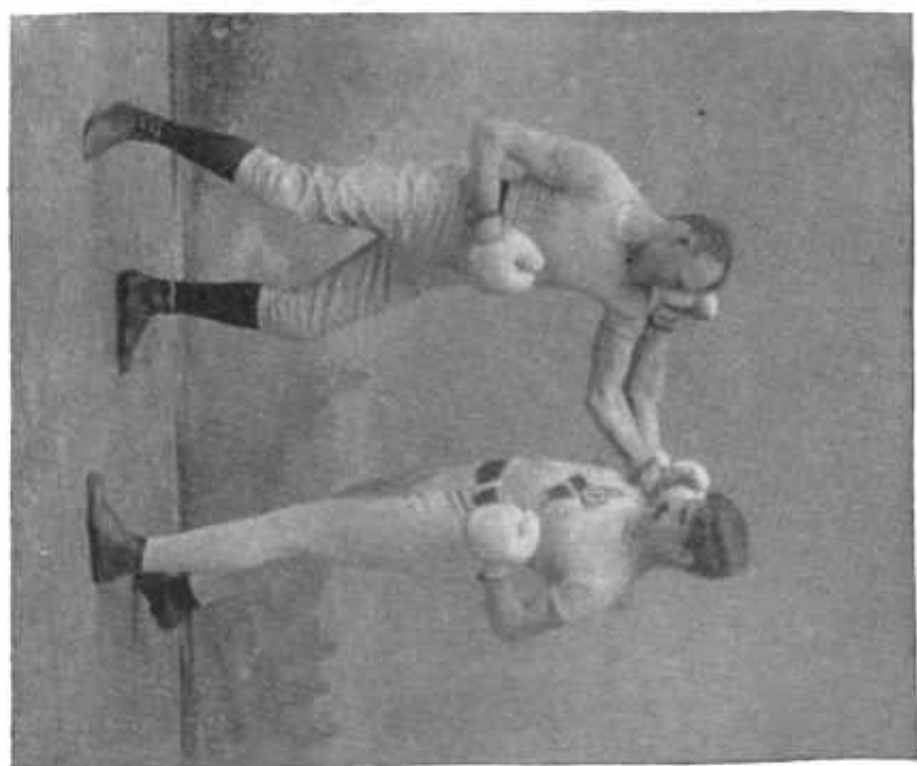


FIG. 58.

to rise; the trainer should give his man an alcohol bath, followed by vigorous hand-rubbing, to get the blood in good circulation.

Dress leisurely, but before beginning exercise take the yolk of an egg in a glass of sherry, with a cracker or slice of toast. Should you find that the sherry makes you feverish, take, instead, a small glass of cold water with the egg.

Walk, at an easy pace, a mile to a mile and a half, frequently expanding the chest by breathing through the nose to fill your lungs with the pure morning air; this will increase their capacity and give you a good appetite for breakfast. Nothing can equal fresh and pure air as an appetizer.

For breakfast, eat "H O" oatmeal with milk, broiled lamb chops, one or two poached eggs, with moderately stale bread, or toast with a little butter, according to fancy; drink tea, not too strong, with a small amount of sugar. The meat can be varied by eating a broiled steak instead of the chops. After breakfast dress to suit the conditions of the weather; walk briskly, between six and seven

miles, genuine heel and toe (this style develops the muscles of the legs more thoroughly than the ordinary easy-going gait). Should this style of walking fail to promote perspiration rapidly enough, vary it by an occasional run of fifty to one hundred yards.

When you return to your quarters strip in a room free from draughts; let two men rub you gently with soft Turkish towels until dry, then with coarser towels, to quicken the circulation and harden the skin.

Take a sponge bath of half a gallon of water and two gills of alcohol, followed by massage rubbing of the body and limbs; this loosens and rests the muscles, which is especially needed in the legs.

The following incident will show the benefit of massage properly administered : Some two weeks before my fight with Dempsey I injured my left shoulder so that my left arm was almost useless. Of course I was greatly worried. Mr. Edward Rauscher, massage rubber of the New York Athletic Club, undertook to cure me. He massaged my shoulder, vigorously rubbing it with Anti-Stiff liniment. After

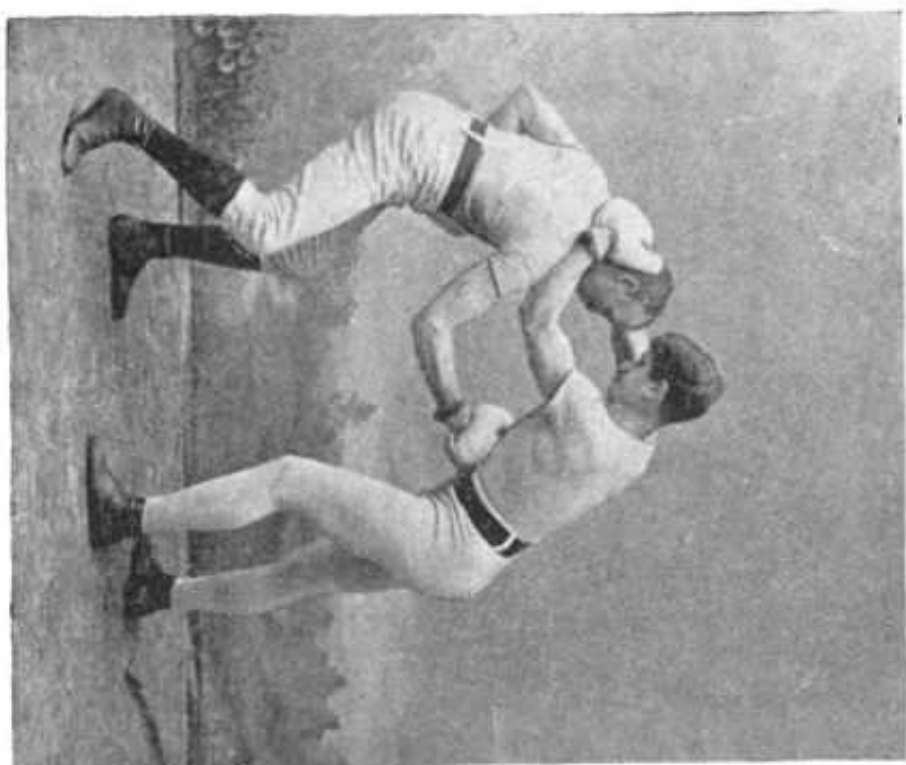


FIG. 59.

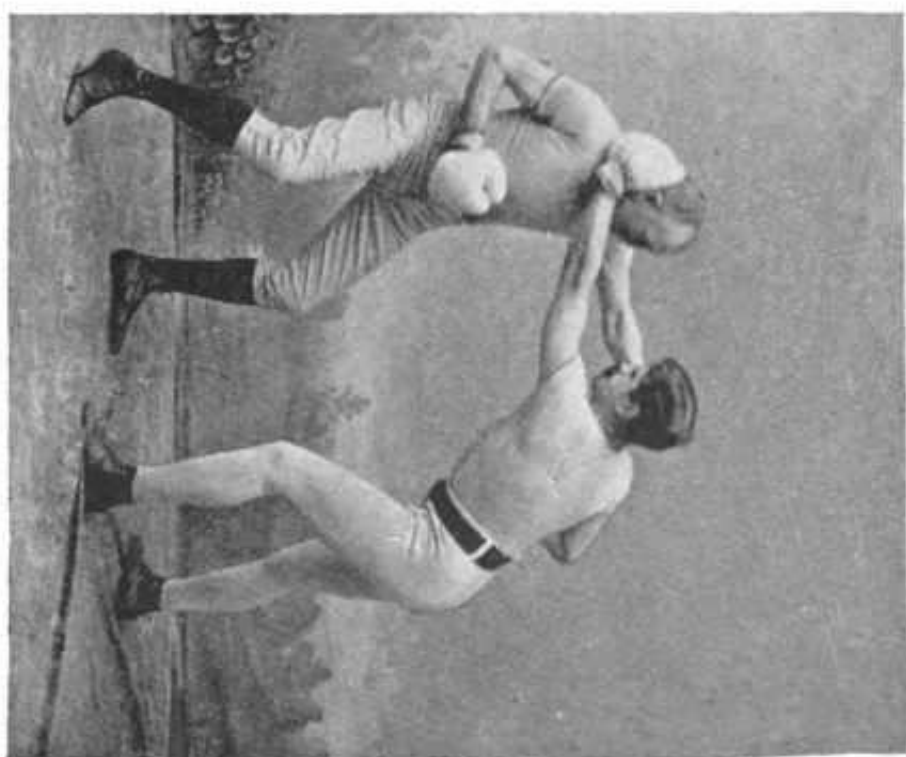


FIG 60

each treatment I noticed an improvement, and, thanks to Mr. Rauscher's efforts, in a week I had entirely recovered.

After your bath make a complete change of clothing from head to foot, and you will be ready for dinner. This meal should consist of roast beef, cooked to your taste, or roast mutton, always well done; but little salt should be used at the table; no pepper; a moderate quantity of mashed or baked potatoes without seasoning; spinach is palatable and aids digestion; eat it as often as you choose for dinner, with very little salt, as salt creates thirst; drink a bottle of Bass's ale, if it does not make you feel heavy and disinclined to work. If you desire to increase your weight, drink Guinness's stout instead of Bass's ale. Should either have a bad effect, drink tea; carbonic and lime water are good to quench thirst and relieve the stomach of surplus gases; rice-pudding with currants is a good dessert.

After dinner take one hour's rest.

The afternoon's work can be varied by exercise in the gymnasium or a walk of three to four miles. But the ball should be punched

for twenty minutes every afternoon, and you should also spar with your trainer. At the close of the day's exercise let your attendants rub you down, and put on a change of flannels.

For supper, eat cold roast beef, lamb or mutton, or broiled chops or steak, according to fancy, with bread; if you like currant bread and apple-sauce without sugar and well strained, or baked apples, either can be taken with a cup of tea.

Spend the time between the supper hour and bed-time in strolling gently, reading, or genial conversation.

The man who trains honestly as directed should be ready for bed not later than ten o'clock, as he needs ten hours' sleep and rest. Wholesome rest after a hard day's work makes a man fresh the morrow.

Choose your training quarters in a mountainous or hilly part of the country, where you can be sure of pure air and be free from dust.

It is a good plan to train at a long distance from centres of business and pleasure, where you can be fairly safe from the intrusion and interruption of the curious.

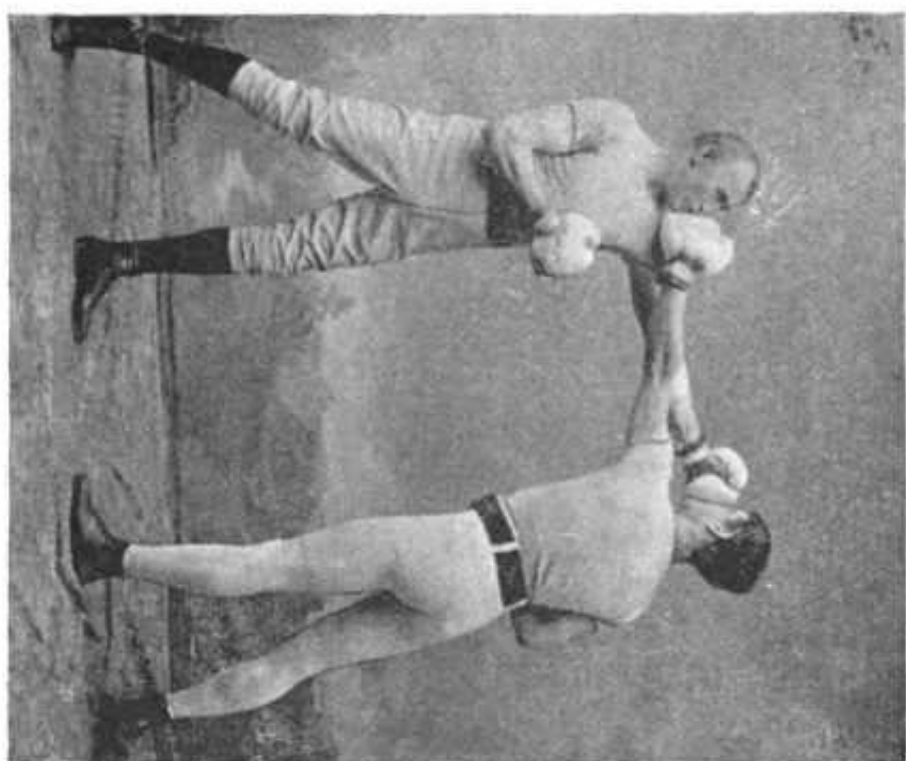


FIG. 62.

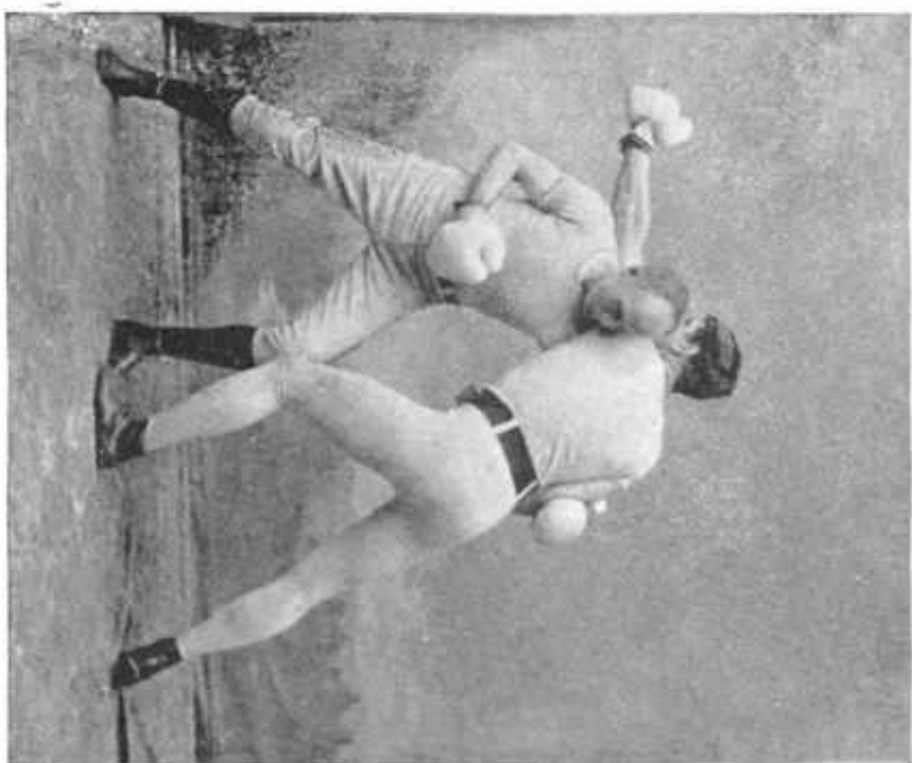


FIG. 64.

Select for your trainer a man thoroughly informed in his business, one who has been through the mill himself; he should have qualities that will make him a genial companion.

A good boxer is an indispensable qualification. The prize-fighter who would select a trainer unable to box, is like a gentleman engaging a secretary who cannot write.

The trainer should have two efficient assistants to do the rubbing and principal part of the walking in company with the man in training.

The trainer will have enough to do if he boxes with his man and oversees his daily work.

In sparring with you every day, your trainer should take the place of your expected opponent, imitate his style of fighting, and if he has any peculiar blows practice them constantly, your work being to guard or evade these blows; practice side-stepping and ducking rather than hard hitting, as the latter cannot be done without the risk of injuring your hands. The prize-fighter cannot give too much care to his hands. To harden and strengthen them a

wash of strong beef-brine can be used morning and night, or they can be rubbed with a mixture of fine varnish and one-third of alcohol, twice a day. Your hands may not look very nice if rubbed with the varnish mixture, but appearances should not count for much in preparing for a fight, for, should your hands give way in the ring, there would not be much chance of your defeating a man inferior to yourself.

Should the skin of your face chap or crack by being exposed to the weather, use a mixture of one-third each of glycerine, alcohol and Florida water whenever it becomes sore.

The amount of work and kind of diet must depend upon whether you wish to reduce or retain your weight. In this regard you must depend upon the advice of an experienced trainer, for men in training often become irritable and unreasonable, and ask for food that is injurious. Above all things let common sense rule in your training.

If stale or tired from overwork, rest a day, or even two, to recover your vigor and appetite.

Avoid pastry; it causes indigestion. Many

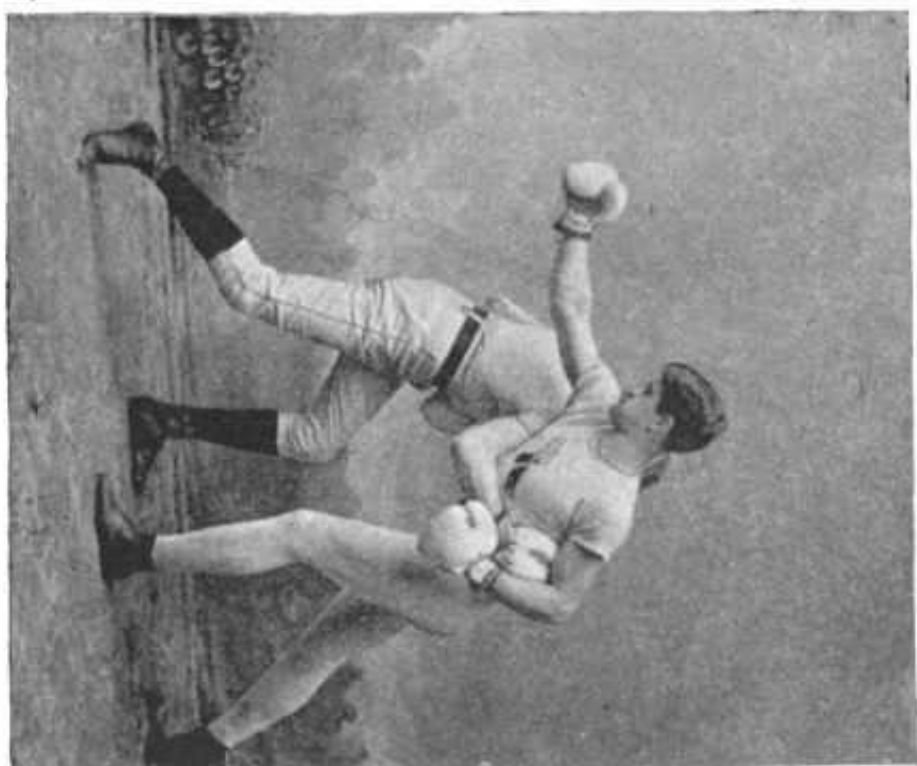


FIG. 65.

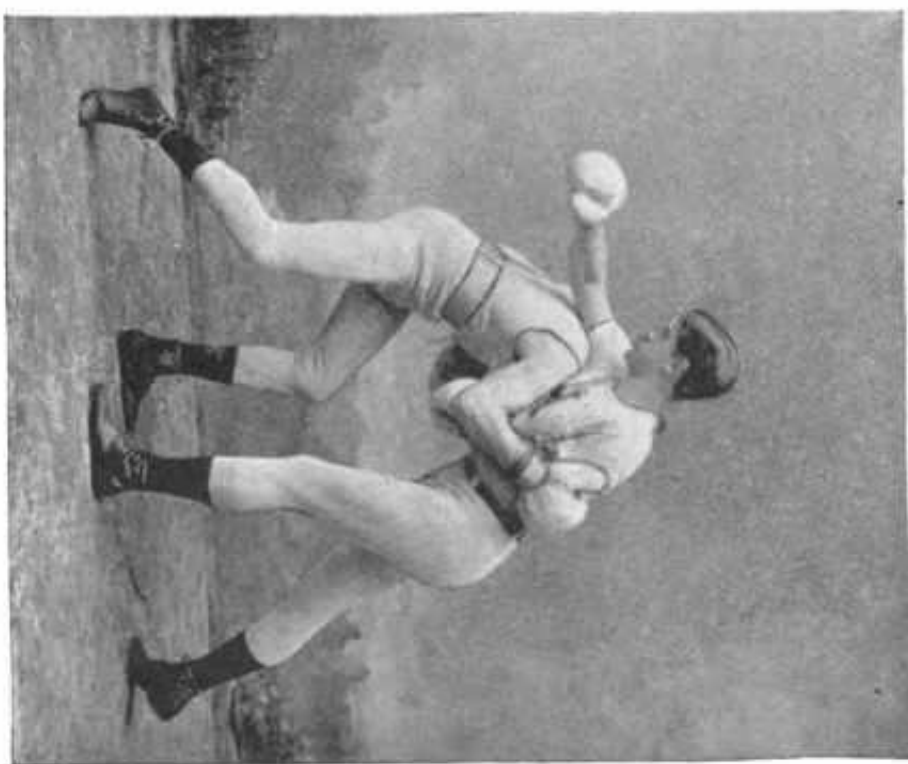


FIG. 66.

a good man has lost a fight through carelessly eating unwholesome food. The greatest danger is during the week preceding the fight. Tobacco should never be used; smoking parches the throat and weakens the whole nervous system.

In taking walking exercise, take the country "as the crow flies," over hill and dale, and always choose the grass in preference to hard, dusty roads, as it gives better work for your legs. For running, pick out a level stretch of country.

In this way you can get a pleasant change of scene impossible on a beaten road.

Choose your quarters in a place where you can have a small gymnasium fitted up. The most important thing is the punching-ball; practicing with it quickens the eyes, develops the hitting muscles, and makes a man a two-handed hitter. The distance from the ceiling to the loop on the ball should be three feet. The centre of the ball should swing just below the level of the eyes. Punch it as much as possible alternately with left and right; this style of hitting is good practice for two-handed

infighting, and two hands are always better than one.

By frequently using the bare knuckles on the ball, it will harden the hands, and give you a greater variety of blows.

I regard the punching-ball as the most valuable mechanical assistant to a fighter in training. Sixteen years ago I brought it into use; I was then training in Troy to fight William C. McClellan; I began by using an old-fashioned round rubber foot-ball with a canvas cover, for arm exercise, in a room, bounding it alternately with the right and left hand from the floor to the ceiling, when the idea came to me of swinging it from the ceiling. In company with my old friend and, at that time, adviser, Jimmy Killoran, of Troy, I swung it from the ceiling, and found it gave me invaluable exercise. I used to punch it for hours. It made me a two-handed hitter. My first attempt to make this rig was crude, as I had a ten-and-a-half-foot ceiling to swing it from. I soon found that a lower ceiling was a great improvement as it gave me much quicker work.

I took the ball to California with me, where

it created equal surprise and admiration among both pugilists and amateur boxers, foremost among whom I may name dear old Joe Winrow, my trainer, who also trained Tom Hyer for his fight with Yankee Sullivan, Pat Coyle (the assistant trainer), Billy Jordan and Billy Riley, and the two leading amateur boxers of the Pacific Coast, Charley Bennett and J. B. Lewis.

For variety in exercise the skipping-rope can be used moderately; in doing so, use the legs as when boxing, stepping forward and backward with the left foot in front, or side-stepping to the left or right. Lawn tennis is an exciting game, and gives splendid exercise for the legs, and improves the wind. It is good training for the eyes, and will make a pleasant change in the afternoon exercises, the movements of the legs being very similar to those required in boxing.

These exercises will give you the sort of practice you want in your actual work. If tired, but not sleepy, just before going to bed take a small glass of Bass's ale, as it tends to produce sound sleep.

If you are unwell, do not trust to the prescriptions of your trainer, but immediately seek the advice of a first-class physician.

Six weeks of honest training should make a thoroughly sound man fit to fight for his life: no other should enter the prize ring.

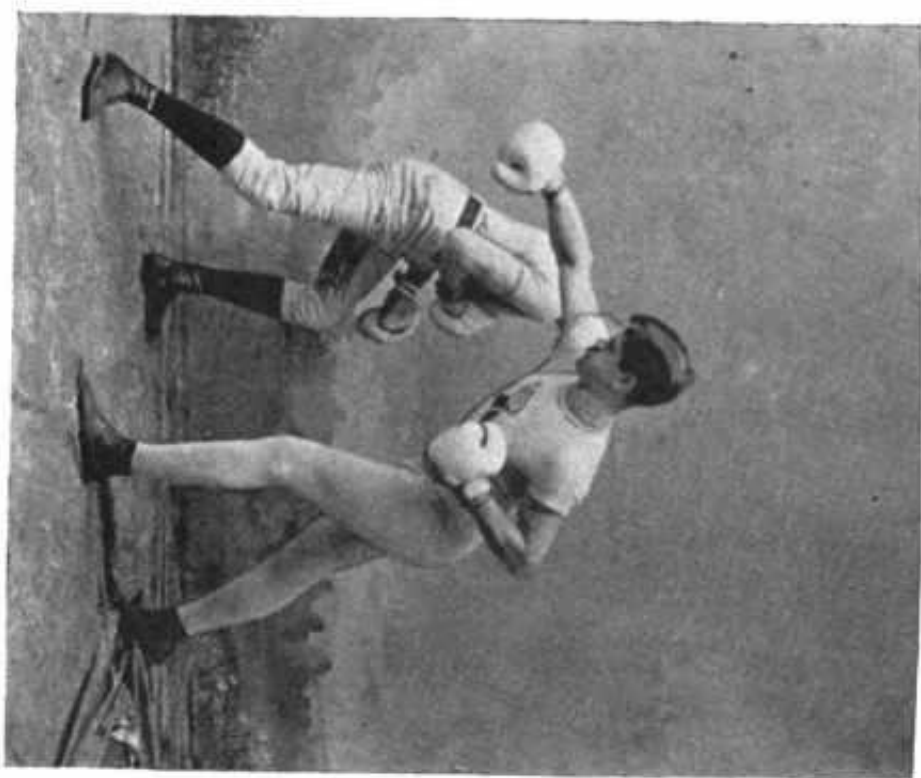


FIG. 69.

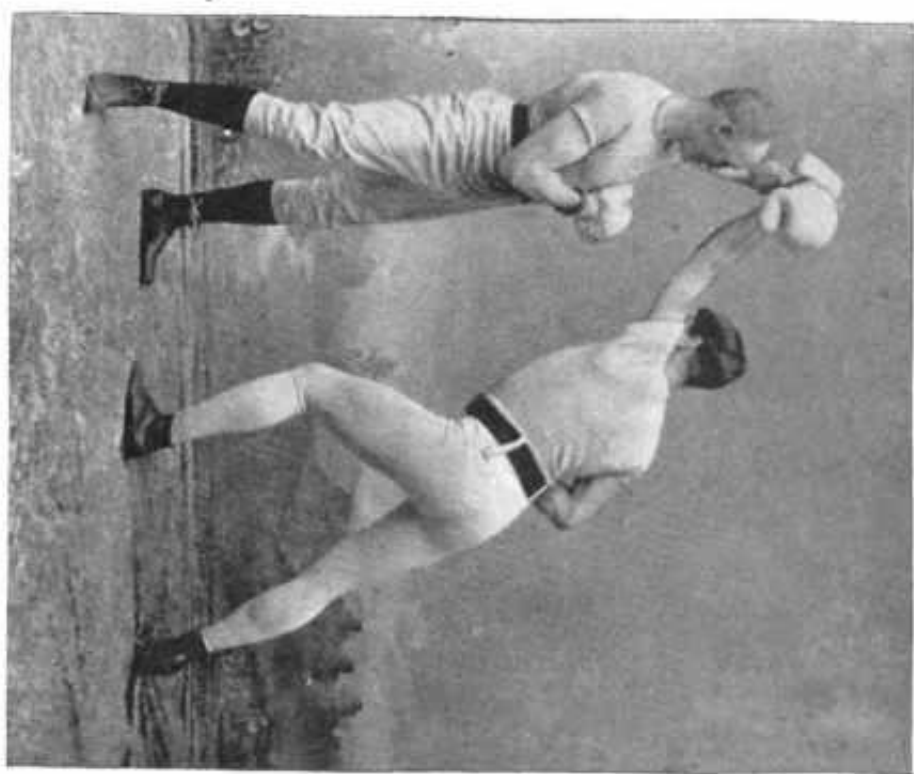


FIG. 70.

APPENDIX.

RULES.

GOVERNING CONTESTS FOR ENDURANCE, OR A LIMITED NUMBER OF ROUNDS.

1. To be a fair stand-up boxing match, in a 24-ft. ring, or as near that size as practicable.
2. No wrestling or hugging allowed.
3. The rounds to be of three minutes' duration, and one minute time between rounds.
4. If either man fall, through weakness or otherwise, he must get up unassisted; ten seconds to be allowed him to do so, the other man meanwhile to return to his corner, and when the fallen man is on his legs the round is to be resumed and continued until the three minutes have expired. If one man fails to come to the scratch in the ten seconds allowed, it shall be in the power of the referee to give his award in favor of the other man.
5. A man hanging on the ropes in a helpless state, with his toes off the ground, shall be considered down.
6. No seconds or any other person to be allowed in the ring during the rounds.
7. Should the contest be stopped by any unavoidable interference, the referee to name time and place, as soon as possible, for finishing the contest; so that the match must be won and lost, unless the backers of both men agree to draw the stakes.

8. The gloves to be fair-sized boxing-gloves of the best quality, and new.

9. Should a glove burst, or come off, it must be replaced to the referee's satisfaction.

10. A man on one knee is considered down, and if struck is entitled to the stakes.

11. No shoes or boots with sprigs allowed.

12. The contest in all other respects to be governed by the revised rules of the London Prize ring.

RULES OF THE PRIZE RING.

1. That the ring shall be made on turf, and shall be four-and-twenty feet square, formed of eight stakes and ropes, the latter extending in double lines, the uppermost line being four feet from the ground, and the lower two feet from the ground. That in the centre of the ring a mark be formed, to be termed a scratch.

2. That each man shall be attended to the ring by two seconds and a bottle-holder. That the combatants, on shaking hands, shall retire until the seconds of each have tossed for choice of position, which adjusted, the winner shall choose his corner according to the state of the wind or sun, and conduct his man thereto; the loser taking the opposite diagonal corner.

3. That each man shall be provided with a handkerchief of a color suitable to his own fancy, and that the seconds shall entwine these handkerchiefs at the upper end of one of the centre stakes. That these handkerchiefs shall be called "Colors," and that the winner of the battle at its conclusion shall be entitled to their possession as the trophy of victory.

4. The two umpires shall be chosen by the seconds

or backers to watch the progress of the battle, and take exception to any breach of the rules hereafter stated. That a referee shall be chosen by the umpires, unless otherwise agreed on, to whom all disputes shall be referred; and that the decision of this referee, whatever it may be, shall be final and strictly binding on all parties, whether as to the matter in dispute or the issue of the battle. That the referee shall be provided with a watch for the purpose of calling time; the call of that referee only to be attended to, and no other person whatever shall interfere in calling time. That the referee shall withhold all opinion till appealed to by the umpires, and that the umpires strictly abide by his decision without dispute.

5. That on the men being stripped it shall be the duty of the seconds to examine their drawers, and if any objection arises as to insertion of improper substances therein they shall appeal to their umpires, who, with the concurrence of the referee, shall direct what alterations shall be made.

6. That the spikes in the fighting boots shall be confined to three in number, which shall not exceed three-eighths of an inch from the sole of the boot, and shall not be less than one-eighth of an inch broad at the point; two to be placed in the broadest part of the sole and one in the heel; and that in the event of a man's wearing any other spikes, either in the toes or elsewhere, he shall be compelled either to remove them or provide other boots properly spiked, the penalty for refusal to be a loss of the stakes.

7. That both men being ready, each shall be conducted to that side of the scratch next his corner previously chosen; and the seconds on the one side, and the men on the other, having shaken hands, the for-

mer shall immediately leave the ring, and there remain till the round be finished, on no pretence whatever approaching their principals during the round, without permission from the referee. The penalty to be the loss of the battle to the offending parties.

8. That at the conclusion of the round, when one or both of the men shall be down, the seconds shall step into the ring and carry or conduct their principal to his corner, there affording him the necessary assistance, and that no person whatever be permitted to interfere in this duty.

9. That on the expiration of thirty seconds the referee appointed shall cry "Time," upon which each man shall rise from the knee of his second and walk to his own side of the scratch unaided; the seconds immediately leaving the ring. The penalty for either of them remaining eight seconds after the call of time to be the loss of the battle to his principal; and that either man failing to be at the scratch within eight seconds shall be deemed to have lost the battle.

10. That on no consideration whatever shall any person, except the seconds or the referee, be permitted to enter the ring during the battle, nor till it shall have been concluded; and that in the event of such unfair practice, or the ropes or stakes being disturbed or removed, it shall be in the power of the referee to award the victory to that man who, in his honest opinion, shall have the best of the contest.

11. That the seconds shall not interfere, advise, or direct the adversary of their principal, and shall refrain from all offensive and irritating expressions, in all respects conducting themselves with order and decorum, and confine themselves to the diligent and careful discharge of their duties to their principals.

12. That in picking up their men, should the seconds willfully injure the antagonist of their principal, the latter shall be deemed to have forfeited the battle on the decision of the referee.

13. That it shall be a fair "stand-up fight," and if either man shall willfully throw himself down without receiving a blow, *whether blows shall have previously been exchanged or not*, he shall be deemed to have lost the battle; but that this rule shall not apply to a man who in a close slips down from the grasp of his opponent to avoid punishment, or from obvious accident or weakness.

14. That butting with the head shall be deemed foul, and the party resorting to this practice shall be deemed to have lost the battle.

15. That a blow struck when a man is thrown or down shall be deemed foul. That a man with one knee and one hand on the ground, or with both knees on the ground, shall be deemed down; and a blow given in either of those positions shall be considered foul, providing always that, when in such position, the man so down shall not himself strike or attempt to strike.

16. That a blow struck below the waistband shall be deemed foul, and that, in a close, seizing an antagonist below the waist, by the thigh, or otherwise, shall be deemed foul.

17. That all attempts to inflict injury by gouging or tearing the flesh with the fingers or nails, and biting, shall be deemed foul.

18. That kicking, or deliberately falling on an antagonist with the knees or otherwise when down, shall be deemed foul.

19. That all bets shall be paid as the battle money, after a fight is awarded.

20. The referee and umpires shall take their positions in front of the centre stake, outside the ropes.

21. That due notice shall be given by the stakeholder of the day and place where the battle money is to be given up, and that he be exonerated from all responsibility upon obeying the direction of the referee; that all parties be strictly bound by these rules; and that in future all articles of agreement for a contest be entered into with a strict and willing adherence to the letter and spirit of these rules.

22. That in the event of magisterial or other interference, or in case of darkness coming on, the referee [or stakeholder in case no referee has been chosen] shall have the power to name the time and place for the next meeting, if possible on the same day, or as soon after as may be. In naming the second or third place the nearest spot shall be selected to the original place of fighting where there is a chance of its being fought out.

23. That should the fight not be decided on the day all bets shall be drawn, unless the fight shall be resumed the same week, between Sunday and Sunday, in which case the referee's duties shall continue and the bets shall stand and be decided by the event. The battle money shall remain in the hands of the stakeholder until fairly won or lost by a fight, unless a draw be mutually agreed upon, or, in case of a postponement, one of the principals shall be absent, when the man in the ring shall be awarded the stakes.

24. That any pugilist voluntarily quitting the ring previous to the deliberate judgment of the referee being obtained shall be deemed to have lost the fight.

25. That on an objection being made by the seconds or umpire the men shall retire to their corners, and

there remain until the decision of the appointed authorities shall be obtained; that if pronounced "foul," the battle shall be at an end; but if "fair," "time" shall be called by the party appointed, and the man absent from the scratch in eight seconds after shall be deemed to have lost the fight. The decision in all cases to be given promptly and irrevocably, for which purpose the umpires and the referee should be invariably close together.

26. That if a man leaves the ring, either to escape punishment or for any other purpose, without the permission of the referee, unless he is involuntarily forced out, shall forfeit the battle.

27. That the use of hard substances, such as stones, or sticks, or of resin in the hand during the battle, shall be deemed foul, and that on the requisition of the seconds of either man the accused shall open his hands for the examination of the referee.

28. That hugging on the ropes shall be deemed foul. That a man held by the neck against the stakes, or upon or against the ropes, shall be considered down, and all interference with him in that position shall be foul. That if a man in any way makes use of the ropes or stakes to aid him in squeezing his adversary, he shall be deemed the loser of the battle; and that if a man in a close reaches the ground with his knees, his adversary shall immediately loose him or lose the battle.

29. That all glove or room fights be as nearly as possible in conformity with the foregoing rules.

RULES FOR GLOVE FIGHTS.

1. All hits above the waist to be considered fair.
2. That no spikes or sprigs be worn in the shoes, except on turf.

3. That both pairs of gloves be alike in every particular.

4. That each man appoints an umpire, and the umpires select a referee.

5. Wrestling to be barred, unless otherwise agreed upon.

6. Either man failing to come to time within ten seconds after the referee shall call time, shall forfeit the battle.

N. B.—With the exception of wrestling being barred and one minute being allowed between the rounds, glove contests are governed by the regular rules of the P. R.

WEIGHTS.

The author suggests the following scale of weights, which are the limits in the classes named.

Bantam	112
Feather-weight	122
Light-weight	134
Welter-weight	146
Middle-weight	158
Heavy-weight, all above	158

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